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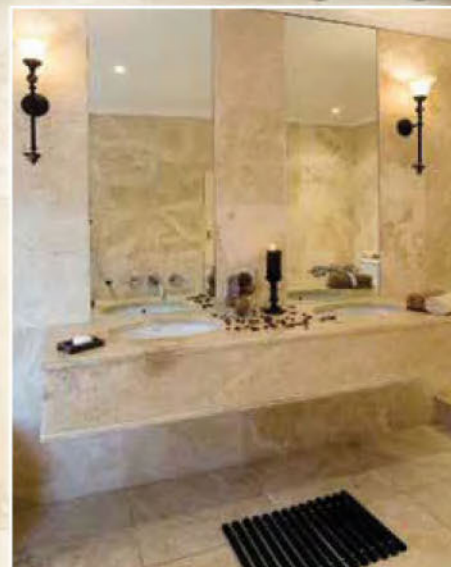


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This is a very special issue of SA Home Owner: not only is it our birthday month and Women's Month; but we have put together a 100-page special edition magazine on kitchens and bathrooms to bring you even more inspiration this August! From kitchen trends, appliances and the ultimate scullery; to bathroom styles, using colour in the bathroom, and mood lighting – you will find a wealth of information and ideas to kick that Spring refresh into gear ahead of September.

Back to the main magazine – in celebration of Women's Month (and acknowledging that our homes need a bit of TLC as well), we have made this issue all about wellness and relaxation. From getting your kitchen in order to a glorious spa bathroom; freshening up your living area, to exploring some of our favourite spas across SA – we've got you (and your pampering) covered this month!

Kerry



LOOK OUT FOR...



Beautiful lighting in the bathroom can make it an uber-relaxing space.
Page 130



Ahead of summer, we chat about some pool options.
Page 148



A sitting ovation! Be inspired by some of the coolest, designer-seating trends currently doing the circuit.
Page 154



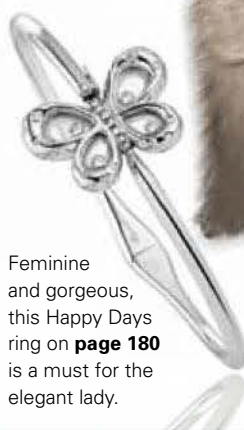
Go on, treat yourself to a day at the spa this month; we've done a few test runs for you.
Page 161

NEW DISCOVERY THIS MONTH



I'm on a mission to find nature-inspired technology, and came across this wooden qwerty keyboard from Houdt. The Bluetooth keyboard is compatible with most Bluetooth-enabled devices, and has a built-in battery and micro USB cable for charging. **Houdt.co.za**

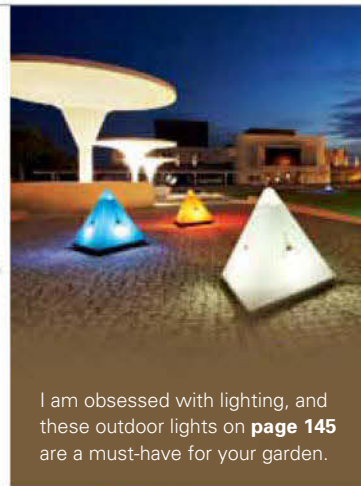
MY FAVES....



Feminine and gorgeous, this Happy Days ring on **page 180** is a must for the elegant lady.



The girls deserve something luxurious for Women's Day – how about this faux-fur scatter cushion on **page 134**?



I am obsessed with lighting, and these outdoor lights on **page 145** are a must-have for your garden.

CHAT TO ME

I LOVE HEARING FROM YOU! DROP ME A LINE, A TWEET, OR A PIC...

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blu_line



authentic kitchens
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meetourteam

Photography: Supplied



MARIANNE MALONE

Passionate about digital and print platforms, Marianne is one of SA Home Owner's writers who has a love for all things home related.

AUGUST IS OUR WELLNESS ISSUE. WHAT IN YOUR OPINION MAKES A HEALTHY HOME? Any place that gives you the space to truly reconnect with yourself.

IN TIMES OF STRESS, HOW DO YOU RELAX AT HOME?
Watching back-to-back series is my time out!

WHAT'S YOUR DECOR STYLE? Minimalist, yet eclectic. My pet peeve is a home that looks like it was taken straight from a showroom floor. Homes should reflect the personality of the owner.

WHAT HOME AND DECOR TREND ARE YOU CURRENTLY FOLLOWING? I love black and white decor and Scandi-inspired furniture.

BEING WOMEN'S MONTH, WHICH FEMALE DESIGNER RESONATES WITH YOU? My mother, Cheryl Malone, is one of the most talented and inspiring artists. Her aesthetic is truly original and beautiful.

BEAUTY THERAPY OR RETAIL THERAPY?
I'm ashamed to say, retail therapy all the way.

Photography: Cindy Ellis



SHARON BALOYI

Our marketing coordinator, Sharon, has a curious nature and loves to explore life and learn new things.

WHAT, IN YOUR OPINION, MAKES A HEALTHY HOME? Love, understanding, a clean environment and a balanced diet.

IN TIMES OF STRESS, HOW DO YOU RELAX? I enjoy reading lots of different magazines, and on top of my list is SA Home Owner. I also enjoy watching a chick flick with my mom, so we can both have a good laugh together.

BEING WOMEN'S MONTH, WHICH FEMALE DESIGNER RESONATES WITH YOU? Nkhensani Nkosi of Stoned Cherrie... She's brave and has maintained her niche in the market. Her homeware collection adds that pop of colour to any dining table.

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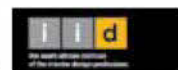
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IN HOME INTERIORS



One of the trends we've noticed in recent years is the neutral home interior. Interpreted in different ways, this popular palette is undoubtedly the easiest to work with, whether you'd like to change things up a bit and add a few pieces, or tone it down completely and stick to the basics.

There are many views around why home owners choose a neutral colour palette, but the truth is, it's based purely on practicality.

Our home is a place to which we escape at the end of a tiring day, and it's important to have a space that will offer a total change of mood. No other colour palette does this as well as natural tones do. Here are two neutral colour palettes that will work well in any home style: the cool neutrals with a grey undertone, and the warm neutrals with a tan or brown undertone.



COOL NEUTRALS

Grey has become one of the trendiest colours in recent years. While it seems to have died down in fashion, grey reigns in home interiors. From the bedroom to the kitchen and living area, different shades of grey, from light to dark, are played against each other to create interesting effects.

Different ways to add grey to your interiors can range from painting your walls to adding metallic decor elements, or even using materials such as concrete.

A key tip when decorating your home with grey is to keep in mind that your home should have elements of warmth. While grey can become rather cold and gloomy on its own, pairing it with different textures, unrefined wood and leather will provide personality. However, if you wish to soften the shade, use warm colours such as creams, browns, beiges and pinks.

A key tip when decorating your home with grey is to keep in mind that your home should have elements of warmth



WARM NEUTRALS

Warm neutral shades are based on natural tones. As an alternative to grey, tones with a tan or brown undertone, such as light brown, beige and soft pink, can give you the warmth you desire. Whether you have an ultra-contemporary style or have decided on the shabby-chic look and feel, these neutral colours can be applied to every room.

As with grey, using texture and different materials such as wood and leather is one of the smartest ways to add interest. Another tip is to mix and match different fabrics in varying prints, texture and colour.

One of the downsides of sticking to a neutral palette is the high risk of your interiors looking bland. To avoid this, add pops of another colour to bring excitement back into the picture. You can also bring in metallics to liven up the space. Gold, bronze and copper accessories are currently quite on trend; these work well with neutral colour palettes.

However you wish to apply the neutral colour palette to your home, you can't go wrong. The beauty of a neutral colour palette lies in its simplicity and sophistication, as well as its flexibility. The secret to working with both the cooler and warmer natural tones is texture. Play with texture, materials and prints to create interesting spaces. 🏠





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howto...

A guide to buying blinds – **BY DAVE NEMETH**

Lately there has been a big move away from traditional window treatments such as curtains, towards the more practical option of blinds. This is a large product category, however, with a lot of choices, and making the right decision can be quite a complicated affair. It is all about controlling natural light, and one has far more flexibility with blinds. Let's take a look at the most common types of blinds, and what they offer.

VENETIAN BLINDS

Introduced to the world in the 1950s, Venetian blinds offer you precise control of light intensity and direction with the quick twist of a wand. There is an ever-expanding range of colours, finishes and slat widths to choose from.

AT A GLANCE:

- Innovations
- Decorative options
- Exclusive finishes and colours

VERTICAL BLINDS

These are vertical window treatments made from specialised textiles; they have been in and out of fashion over the years, but are certainly making a comeback.

AT A GLANCE:

- Ideal for large windows
- Available in panels up to 250mm wide
- Good for humid rooms

Make sure you always look for a reputable brand; paying a little more is definitely worth it in the long run.

ROLLER BLINDS

Roller blinds are one of the most popular choices at present, and are great for modern and contemporary homes. They are available in a variety of colours, design styles ranging from modern to classic and elegant, and finishing options and operating systems. Whether you are looking to darken the room, translucency or sheer fabrics, roller blinds can be fully customised to your exact specifications. They are also available in electronic, remote-controlled variations.

AT A GLANCE:

- Beautiful choice of fabrics
- Exclusive finishing options
- Revolutionary operation systems



WOODEN BLINDS

These are basically Venetian blinds in either wood or bamboo. When choosing this option, always make sure they are from sustainable resources, and should be FSC-approved.

AT A GLANCE:

- FSC wood, preferably
- Special wood types
- Personalise with colours, materials and options



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AT A GLANCE:

- Choice of vane widths
- A metal finish
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From all accounts there are more than 30 – some say more than 40 – circuit-breaker brands in South Africa. How can you tell from appearance whether a product will stand up to the job it must do? If you rely only on the production of a certificate of one kind or another, you could be making a mistake that will have serious consequences.

For instance, the use of “Golden Samples” to obtain certification, followed by mass-produced products that do not comply is a well-known practice of unscrupulous suppliers. And be conscious of the possibilities of fraud and corruption that allow sub-standard products onto the market.

Counterfeiting and selling non-compliant products and services are criminal acts.

- **Do not be seduced by price**
- **Be suspicious:** Check for the genuine article and for a legitimate Letter of Authority (LOA) issued by the NRCS.
- **Ask questions:** Make contact with the brand-owner to check for authenticity
- **If you're not sure:** Insist on products from Safehouse Association members or
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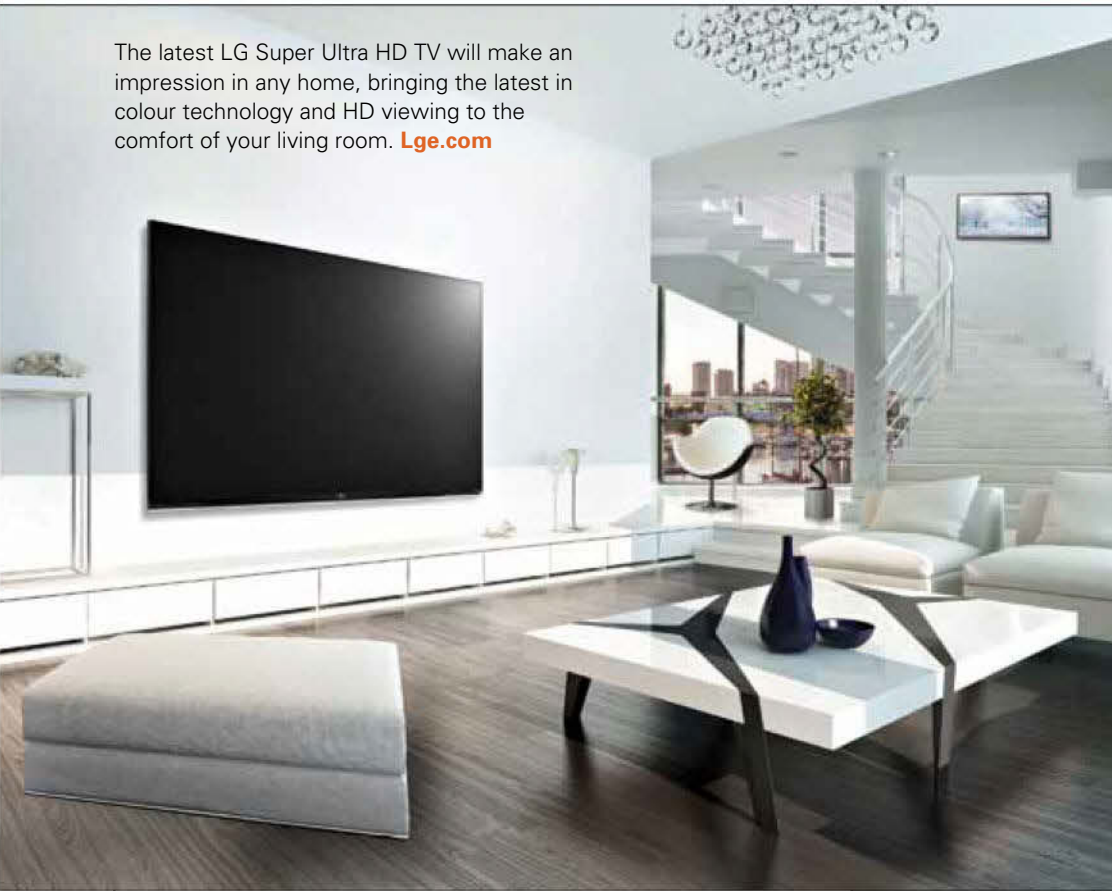
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homeessentials

Your must-have products and services – **BY ESTHER MOLOI**

The latest LG Super Ultra HD TV will make an impression in any home, bringing the latest in colour technology and HD viewing to the comfort of your living room. Lge.com



The Mercatus BBQ Fireplace, available from Cane Time, makes any space cosy, as it is movable and doubles up as a barbecue.

Canetime.co.za



Kartell's Spoon Table is a light and practical folding table with thermoplastic legs for sturdiness and aesthetic appeal. The table is perfect for use in a small space and is easy to carry. Afritaly.com

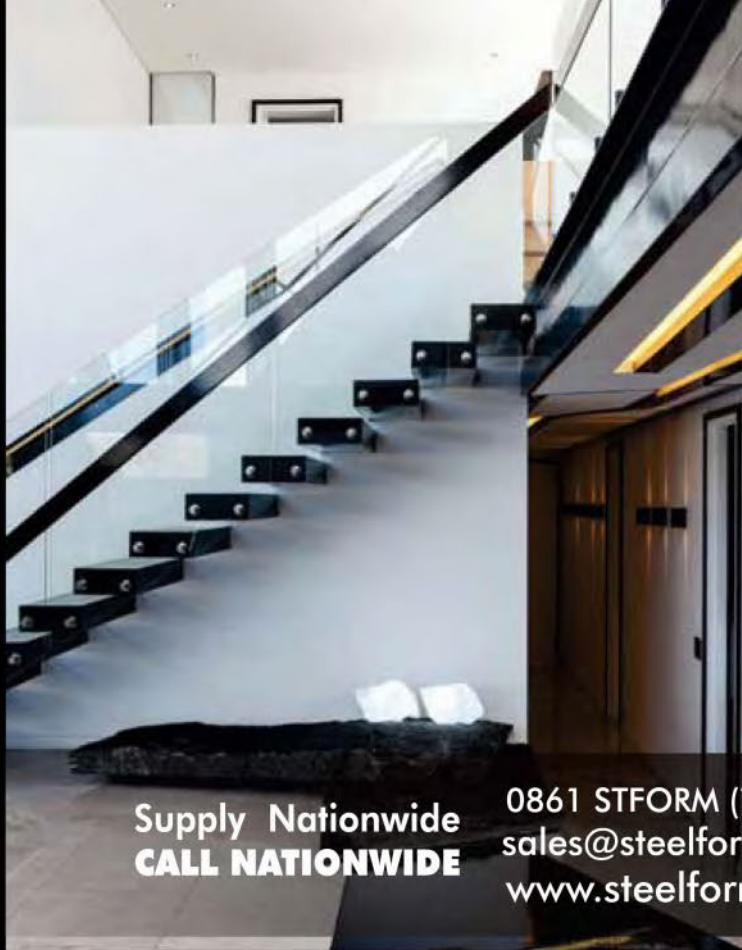


Jan Flook recently announced the Pandanas range of pendant lights, inspired by nature. These retro industrial pendants can be shipped to South Africa.

Janflooklighting.com

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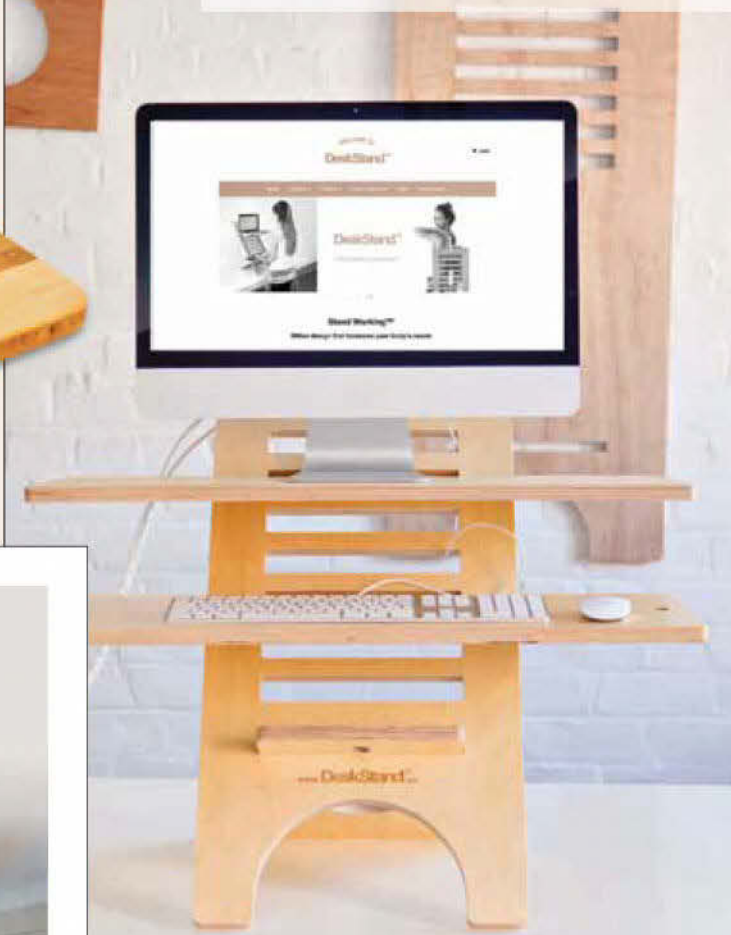


Manufacturers of Metal Art Screens and Panels

The Legend electronic bamboo scale strikes a balance between functionality and eco-friendliness with a two-touch sensor button operation, automatically turning on and off. Legend-sa.co.za



The DeskStand is a standing desk workstation that sits on a desk to offer a healthy alternative to sitting while working. Deskstand.co



Blum's Space Tower larder unit is perfect for decluttering your kitchen. It includes pull-outs that open individually, making it easier to access your essentials. Eclipsegroup.co.za

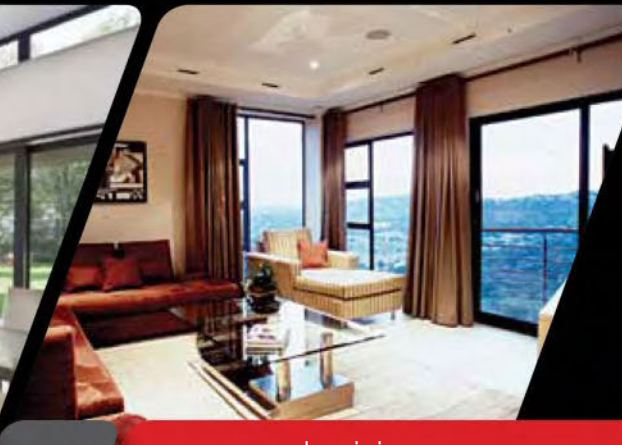
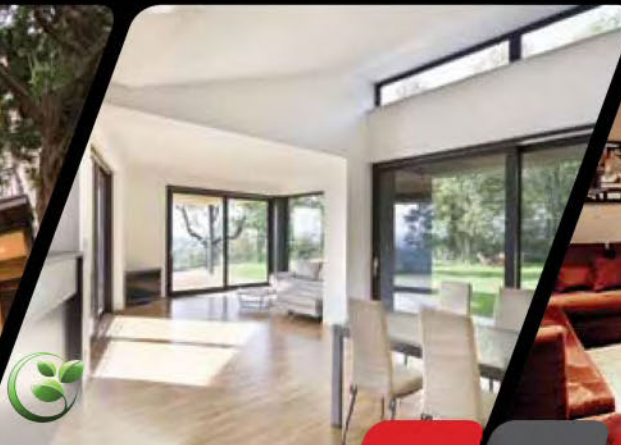


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Anthology means “to gather” or “collect”, and this quirky collection of art, fashion and curiosities is curated by artist, Terry Angelos. [061 677 8877](tel:061-677-8877)



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Breaking concrete to add a new toilet is a thing of the past with the Sanicompact. The unit includes a macerator pump for easy installation. Saniflo.co.za



An internationally renowned Belgian artist designed Papilio Rugs’ “Jam Craft” rugs exclusively for the brand. The rugs are made from cowhide and 3D leather pillows. Papilio.co.za



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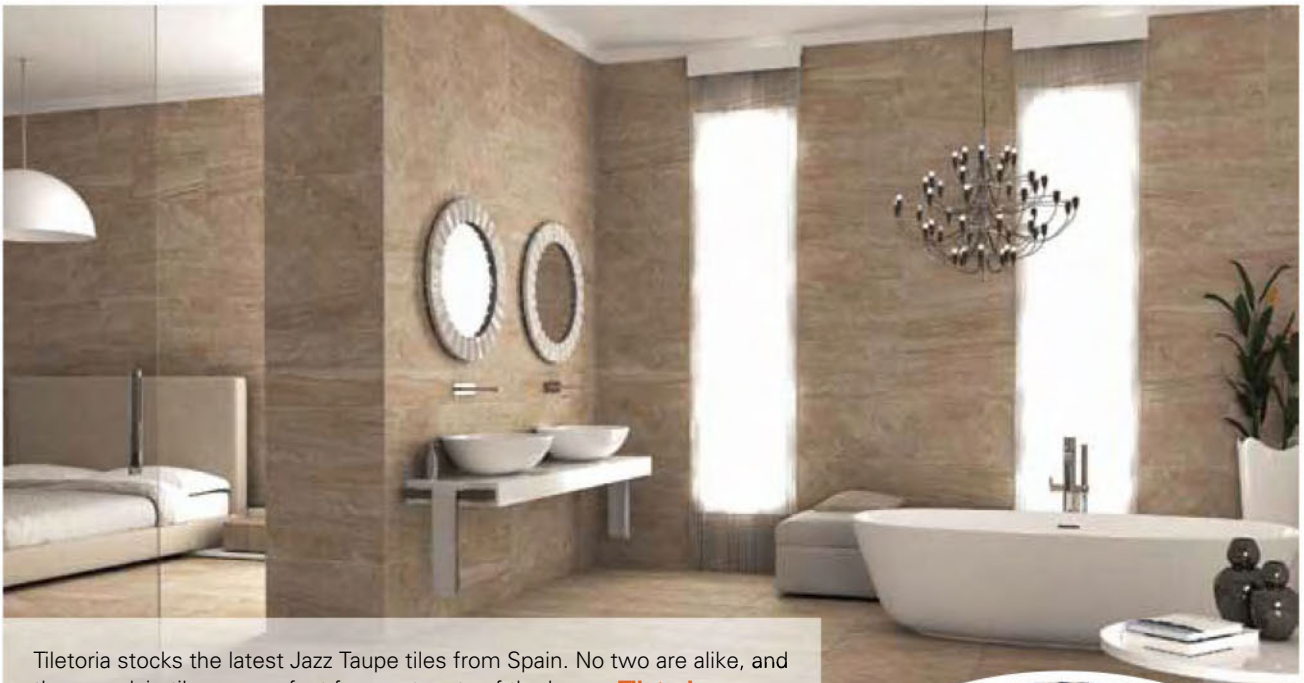
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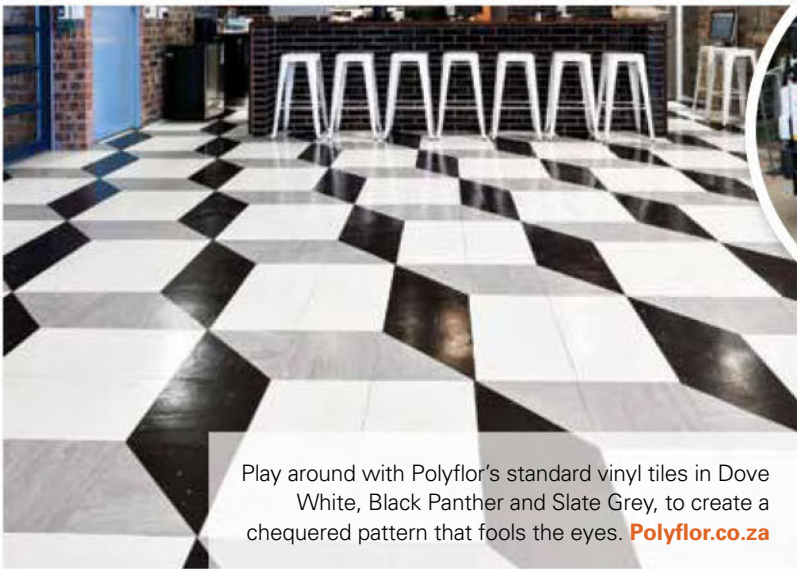
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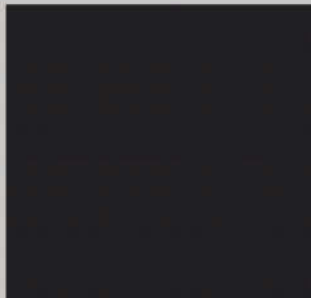


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SIMPLY HOME

BY MARIANNE MALONE
PROJECT CONSULTANT LORNA IOAKIM
PROPERTY COORDINATOR CHANTEL SPENCE
PHOTOGRAPHY IRMA BOSCH



STRUT ARCHITECTS 011 326 4807

In creating this beautiful home, a full renovation of the property was undertaken by the owners and Strut Architects. All of the existing finishes were stripped, and bringing in natural light became a main focus of the build. The overall palette is neutral, with colour added through the furnishings.



There is beauty in simplicity, and this home is a perfect example of how rewarding a project can be if you have a vision and stay true to it throughout.

With a sense of serenity and a wonderfully open feeling, this home, set in the lush surroundings of Johannesburg North, carries a strong aesthetic throughout the light, spacious and airy interior. A minimalist approach to interiors is combined with a love of entertaining, to create a home that boasts clean lines and welcoming pops of colour. The home owner explains: "The decor had to be modern, easy on the eye and comfortable, but not sterile."

The home owner has undertaken various other renovations and builds in the past, and set out with confidence when she decided on a full renovation to achieve her dream family home. "I was inspired to take on this project by the feeling of successfully completing previous projects," she explains. "When I walked into the house prior

to buying it, I recognised that there was a large amount of space to work with and, therefore, great potential to achieve what I wanted."

The objective was to make a comfortable, relaxing home with a good entertaining area. "We spend a lot of time at home, so it needed to be a home we are happy in."

Mission accomplished. Inspired by a design she saw on her travels to New York, the kitchen exudes a modern style that is both beautiful and practical. The seven-seater dining table that forms part of the kitchen's centre island is an ingenious solution for the host to cook and entertain without missing out on valuable time with her guests.

Storage was also carefully considered to keep the kitchen clear of clutter, whether the family is enjoying breakfast together or guests are gathering around with drinks. "The open-plan living, dining and kitchen area is my favourite part of the home; it turned out exactly as I planned," says the home owner happily.

CHAD-O-GAS FIRES 011 794 3570



LEFT: A drop-in fireplace is the perfect heating solution for this home. The gas-fuelled system is able to warm up large spaces, and can be seen from all sides of the entertainment area. The built-in unit comes in a sleek finish, and complements the style of this modern home.

When the renovation began, the entire living space was opened up, and the result is an inviting home filled with light

RIGHT: The kitchen and dining area are at the heart of this home. To achieve a modern and sophisticated look that steered away from becoming too hi-tech, David James Kitchens opted for a duco finish on MDF board for most of the cabinetry, with Technistone countertops to enhance the sleek appeal of the open-plan space.

BELOW: Lush fabrics and texture play an important role in this home, and the ladies from Curtain and Blind Studio were tasked with bringing the home owner's personal style to life. Velvets and sheer fabrics, combined with simple lines, mean everything, from the linen to the upholstery and the hardware, works in perfect harmony.

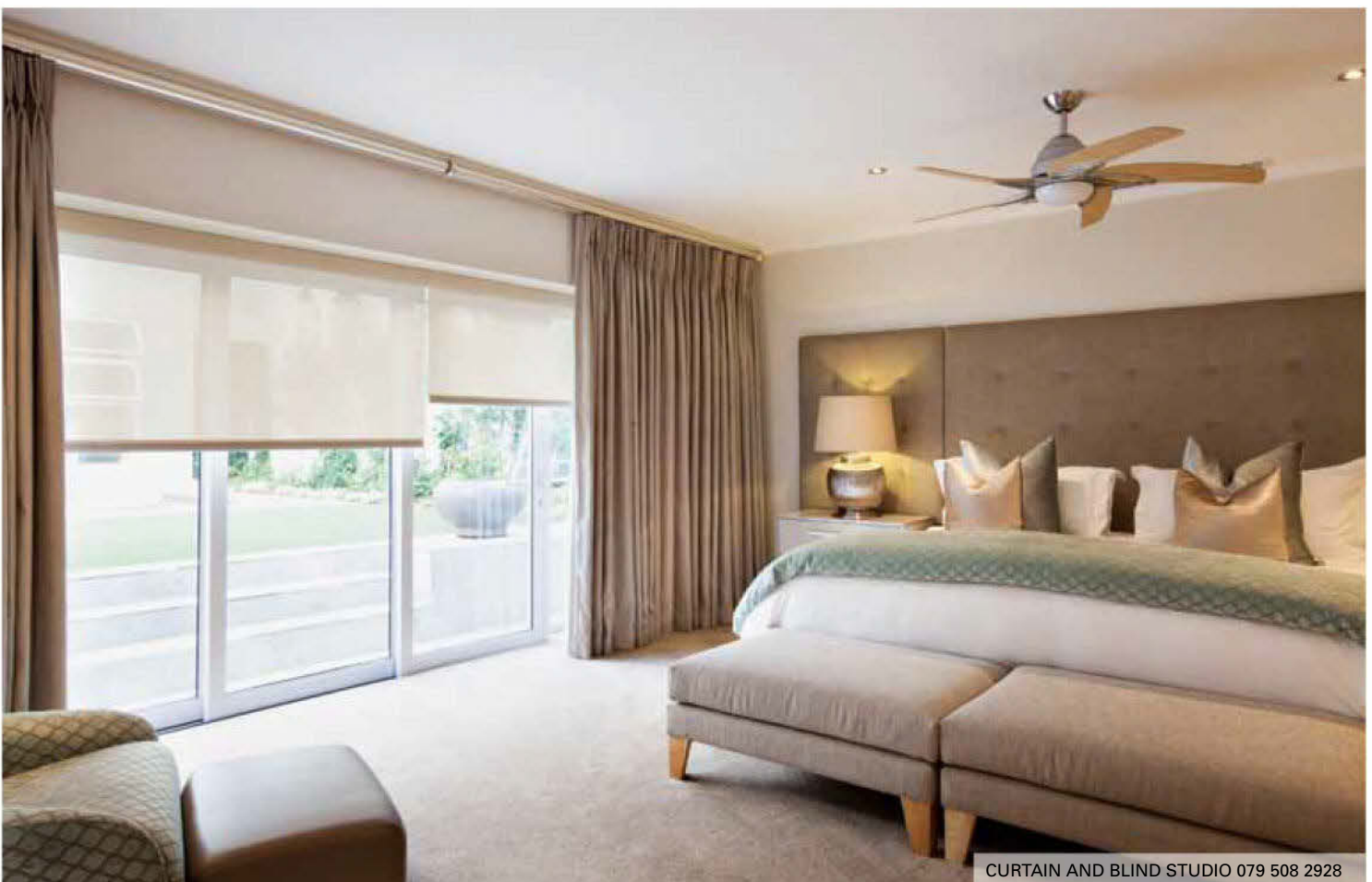


DAVID JAMES KITCHENS 011 794 3966

On warm summer days and evenings, the outdoor area is put to good use, as the family enjoys the al fresco cooking and dining experience. The area has been clearly planned to take full advantage of the Highveld climate, with just enough protection from the elements without compromising on a true outdoor experience. Skylights above the outdoor patio area ensure a light and bright space that filters through to the rest of the house through folding glass doors.

When the renovation began, the entire living space was opened up, and the result is an inviting home filled with light. The two lounges, one formal and the other a cosy TV room, mirror the same aesthetic, and are inviting, relaxing areas for any occasion.

Guest bedrooms can often feel like an afterthought, but the attention to detail in these areas of the home is testimony to the functionality of the home and the

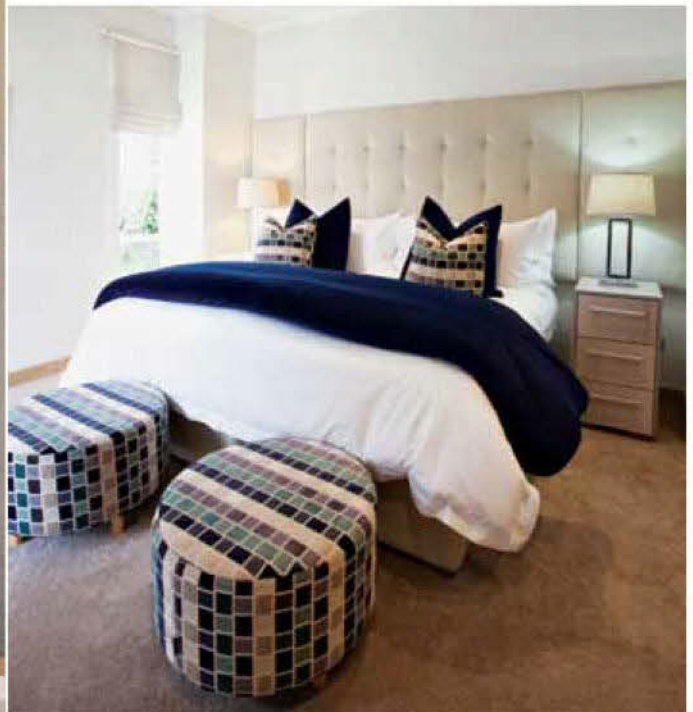


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ABOVE LEFT: Entertaining in the magnificent outdoor area is a breeze with the Syam 304 Stainless Steel Elite 10-burner gas braai. Syam specialises in the supply of elegant stainless-steel gas and charcoal braais, braai hood extractor canopies, indoor gas, biofuel and wood-burning fireplaces, as well as outdoor gas firepits, outdoor gas lighting and stainless gas cages.

RIGHT: The striking contrast of polished concrete floor, mosaic tiles and wooden elements gives this bathroom a refreshing appeal. By lifting the toilet off the floor, with the concealed Geberit Kombifix, having only the distinctive square of the Tango flush actuator plate visible, a sense of space and style is created in this small bathroom.

consideration the home owner has given to accommodate guests. Her collaboration with her suppliers has resulted in a cohesive home that is equally comfortable for family living and entertaining. 🏡

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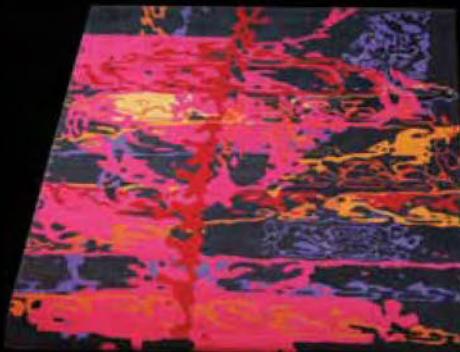
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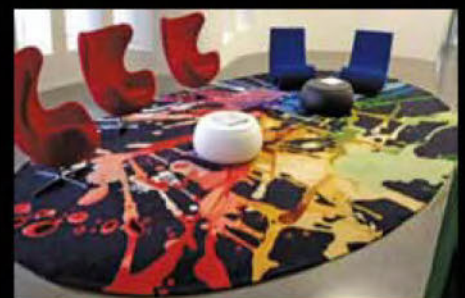
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HOUSE WITH A VIEW

BY MARIANNE MCDONALD
PROJECT CONSULTANT MONIQUE RANKINE
PROPERTY COORDINATOR CHANTEL SPENCE
PHOTOGRAPHY NIC BALETA



P4 PROJECT MANAGEMENT & DESIGN 011 452 5160

Just as a caterpillar transforms into a butterfly, this home's 18-month transformation allowed the full potential of the space to emerge. Once a conventional home with small rooms and corridors, the home is now a light and airy space for simple living, with spectacular views.

ABOVE: Open-plan living areas can be difficult to achieve, but thanks to Carmen van Wyk and Lee Corlett of P4 Project Management, this home boasts a modern and functional area incorporating steel, wood and concrete. These industrial elements offer the perfect balance to soft furnishings and artworks, while offering a nod to masculine, linear style.



RADIANT GLASS CONCEPTS 011 708 3081

This type of living requires true minimalism and attention to detail, as any clutter would ultimately ruin the effect

LEFT: Radiant Glass Concepts was appointed to install its own patented Majestic frameless sliding-folding doors in this upmarket residence. Each door was fully custom-made to ensure a weatherproof and user-friendly installation. The company was also responsible for custom shower enclosures that give the bathrooms a modern, sleek look.



"I bought the house for the view," says the home owner as he looks across his pool to the treetops running from Dainfern to Centurion. Before the renovation, the view was completely lost, as the house had small windows and opened onto the street, rather than looking across the golf course. Now, the back of the home has glass sliding doors, a sunny deck and a crystal-clear pool. The street-facing side offers privacy, without compromising on light, with high ceilings throughout the home and picture windows in the open-plan living and dining area.

Having lived overseas for years, the pull of South Africa finally won, and the home owner was set on the idea of Dainfern, where he'd enjoyed a holiday home. "I was lucky, because I wasn't in a rush to get the house finished. It's everything I wanted in a home," he says. "I wanted to create a home that would work for a dynamic family, since my kids visit from overseas and my partner has kids too. It needed to be a flexible space."

The bedrooms and bathrooms are all open-plan, with a soothing effect as there are no walls to block the view. This type of living requires true minimalism and



LYNNE OLIVIER INTERIORS 011 678 7187

attention to detail, as any clutter would ultimately ruin the effect. The home owner was strongly influenced by the design he experienced in Tokyo. "It needed to be tranquil and uncluttered," he explains. With this in mind, he has carefully curated every corner of the house, even designing and commissioning the large wooden bench in the entrance and the beautiful dining-room table.

"I left the woods natural, with no varnish or finishes, but by doing this you have to accept the natural state of the wood as it changes with the seasons," he says.

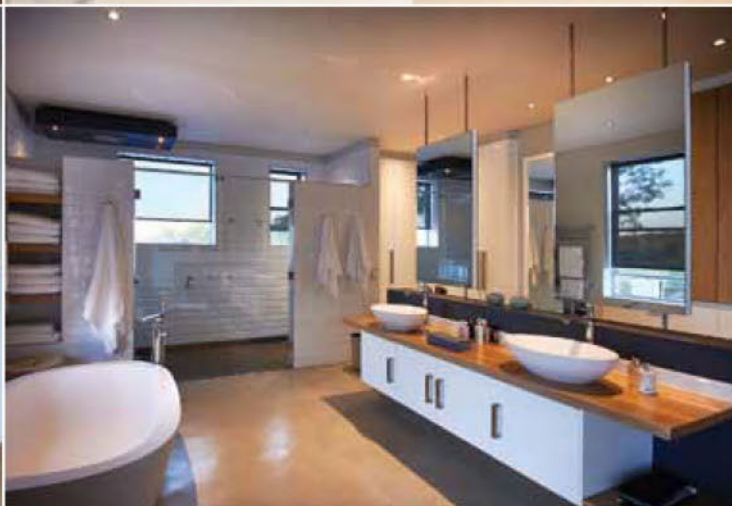
One of the most striking aspects of the home is the

ABOVE RIGHT: The design and manufacture of the kitchen, bar, vanities and built-in cupboards were all the work of Lynne Olivier Interiors. To achieve a modern, yet warm, look, washed oak was combined with high-gloss and glass elements, as well as stone. The result is unconventional, yet offers ease of living.

art collection. With a fascination for the human face, the owner has carefully selected the artworks to enhance the space, with the neutral interior offering up the perfect canvas. The pieces were gleaned over years of



GEBERIT SOUTHERN AFRICA 011 444 5070



living, working and travelling around the world, with key items bought everywhere from London and Amsterdam to Dullstroom, reflecting the home owner's truly global approach to design and living. 🏠

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TOP RIGHT: The striking contrast of polished concrete floor, mosaic tiles and wooden elements gives this bathroom a refreshing appeal. By lifting the toilet off the floor, with the concealed Geberit cistern, having only the distinctive square of the Tango flush actuator plate visible, a sense of space and style is created in this small bathroom.

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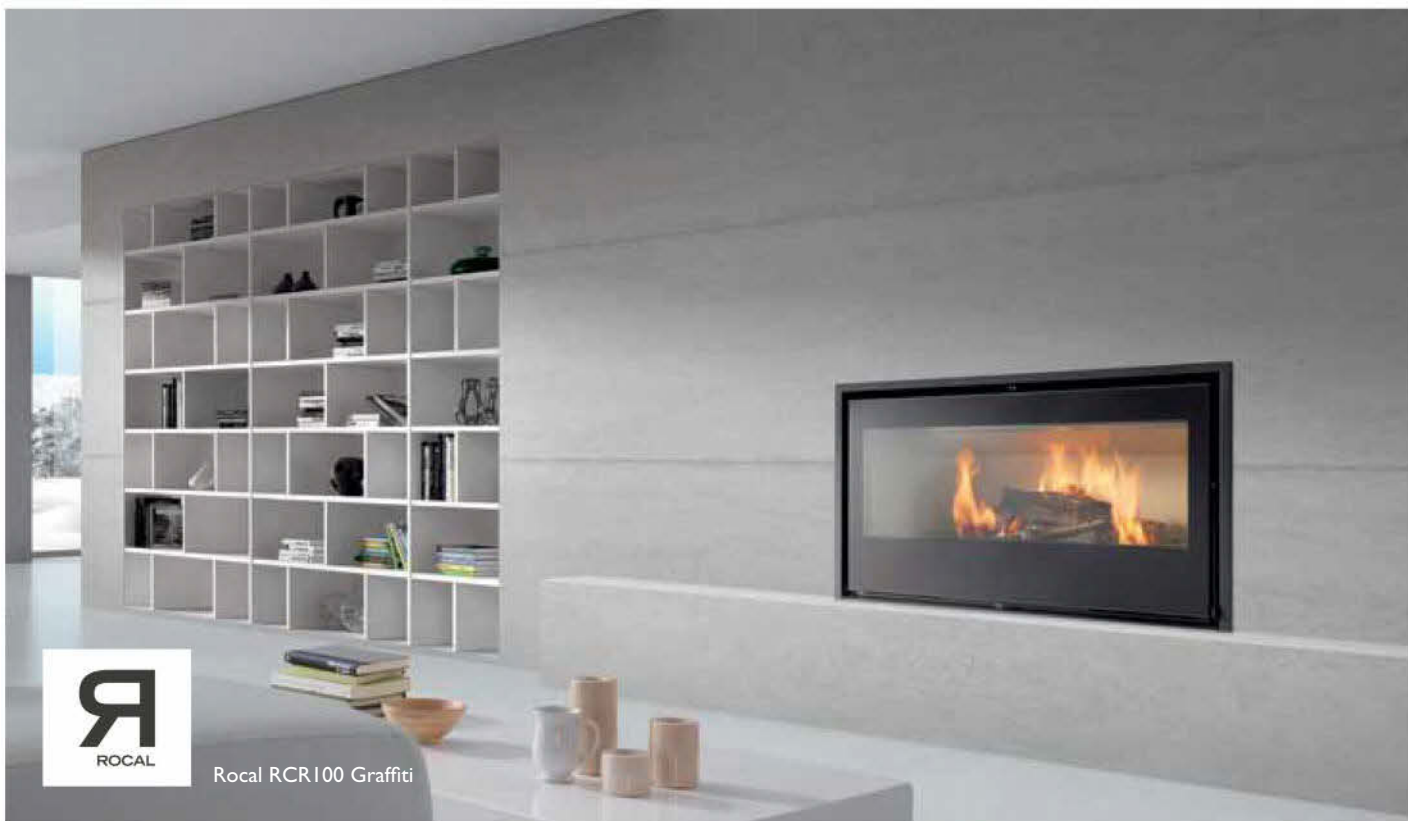
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JOHN SMILLIE ARCHITECTS 031 312 1523

Given the task of designing and contract-managing this Simbithi home, Durban-based John Smillie Architects set out to produce a unique four-bedroom house that takes full advantage of the sweeping views afforded by the steep site. Working within estate protocols, this home perfectly complements its natural surroundings.



Part of what entices a potential home owner to a residential estate is the architectural design, which determines the overall look and feel of each property.

With this generous-sized Simbithi Estate home, the inspiration comes in the form of a traditional Natal farmhouse. Think pitched roofs with metal roof sheeting and big verandahs that hug the perimeter of the building. Outdoor areas often became extended living areas, so conducive to the KwaZulu-Natal climate.

But so as not to go back in time, protocol requires each house in the estate to have a modern flavour, with clean lines, a neutral palette and the inclusion of natural materials.

Responsible for the design, local architect John Smillie set out to produce a home of open, flowing spaces. This approach is evident in the main living areas, where the relationship between kitchen,



dining and living spaces blurs into one seamless expanse. With rows of neatly exposed roof trusses, the sheer roof volume adds another dimension, drawing your gaze upwards, and outwards towards the 180-degree view.

The kitchen, neat with blank door fronts, adds sophistication, against a backdrop of soft grey walls and a tobacco-tinted floor screed. The more rustic elements, such as the timber dining table, help to balance the

LEFT: Weylandts, a leading furniture and decor retailer known for its contemporary designs, supplied the Coco bead hanging lamp and Dragnet chair in the living room. The Coco bead lamp melds with the neutral colour palette, while the Dragnet chair creates a statement pop of colour in the stylish room.

WEYLANDTS 0860 103 400

The kitchen, neat with blank door fronts, adds sophistication, against a backdrop of soft grey walls and a tobacco-tinted floor screed

contemporary features, to produce a home that feels lived in, rather than permanently on show.

A sloped site offered the opportunity to position a home theatre and office on the lower ground floor. These private areas are joined, on the same level, by a guest suite, which doubles up as another living area, especially when the family is enjoying the pool.

This is a carefully planned home, with appealing social spaces that are great for entertaining, but private as well. It's a home for the family, just as the original Natal farmhouse was all those years ago. 🏡

CONTACT:

JOHN SMILLIE ARCHITECTS – architecture and interiors
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PLUMBMAN – plumbing

031 266 6607, plumbman@iafrica.com, www.plumbman.co.za

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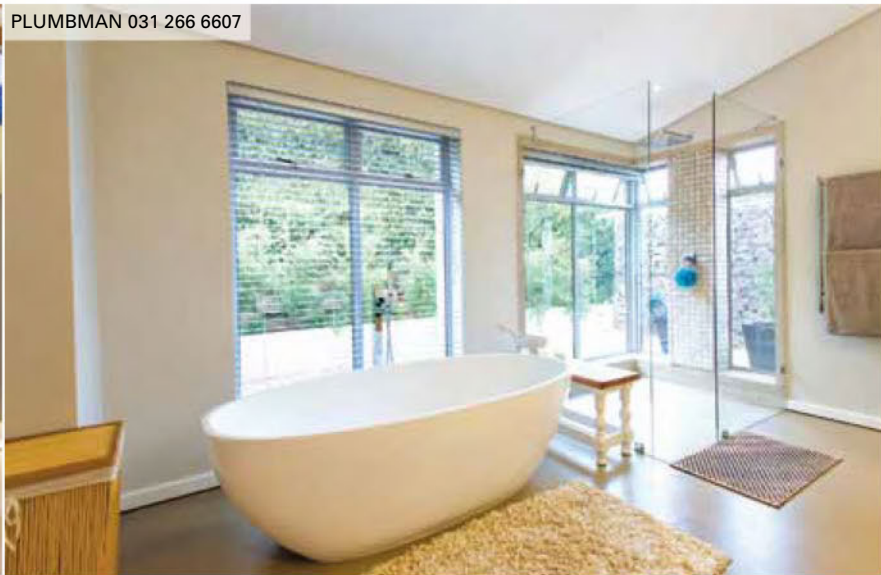
WEYLANDTS – furniture, decor and homeware

0860 103 400, www.weylandts.co.za

BELOW RIGHT: Durban company, Plumbman carried out all the plumbing works according to the architect's specifications. The system needed to be maintainable and accessible, while remaining concealed. To enhance the efficiency of the hot water supply, Plumbman used a Kwikot heat pump, and mounted all the geysers vertically.



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VELVET TRUFFLE 1

HOT PAPRIKA 4

CAMEO SILK 1



SPICE UP your kitchen

Warm and inviting shades in your kitchen can transform your cooking space beautifully and create a lively atmosphere filled with comfort and relaxation. A cosy space where your family will want to spend more of their time.

Adding a touch of warmth to a neutral environment and incorporating decorative pieces will shift focus to a newly invigorated space and bring it to life. Pairing basic neutrals with dynamic accents such as orange, creates visual interest and gentle contrast against natural wood.

If you'd like to use subtle orange accents, replace the bright shades with more muted orange hues, such as pumpkin or mahogany and pair with darker hues of rich

oak, leather and warm neutrals to evoke an atmosphere of understated elegance.

Introduce contemporary pieces of art and modern elements such as glass and crystal. This will complement timber floorings and natural furnishing and add an innovative twist on a classic revival.

TIP

The consistent use of orange décor elements on the inside and outside area of your house will create a harmonious flow throughout your living space.

Colour reference are as accurate as printing will allow. Please refer to the in-store stripe cards/standard card, or on-shelf colour displays for an accurate representation of the colour. Only available in a variety of tinted colours (T) from the Dulux Colour Display unit.

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TOP: Outdoor oven by Weltevree | LEFT: Reef by Holili | RIGHT: Cube by Smart & Green

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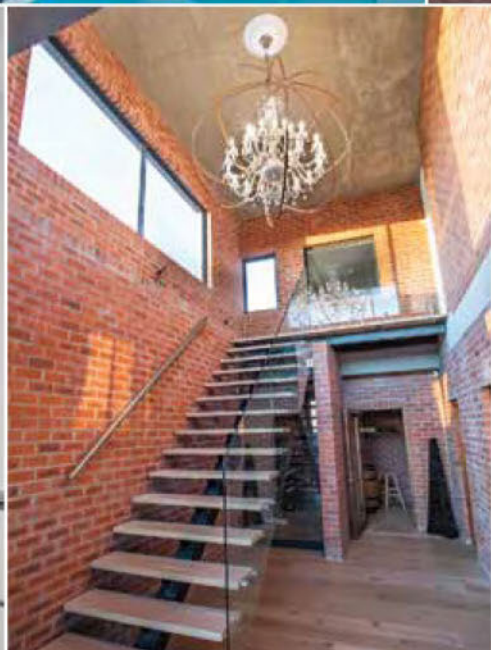
MODERN SIMPLICITY

BY JOSIE EVELEIGH
PROJECT CONSULTANT DEBBIE ZEELIE
PROPERTY COORDINATOR WADOEDA BRENNER
PHOTOGRAPHY KR PHOTOGRAPHY



COVET DESIGN 082 560 8691

Covet Design takes care of all of your residential, commercial and retail interior design needs. In this stylish house the company used a basic palette of black, white and greys, with accent colours according to each room. All bespoke pieces, in this image, were personally designed and detailed by Revolution Shopfitters. The tiles were supplied by Ceragran.



The striking chandelier steals the show and warms up the interior, an exposed brick and cement ceiling adding to the modern feel of the home

This newly built family home has been a two-year project that included a move down to the Cape from Johannesburg. It's only now starting to feel like home, the owner muses.

A modern exterior sets the tone. Ascending the stairs from a beautiful double-volume entrance, the striking chandelier steals the show and warms up the interior, an exposed brick and cement ceiling adding to the modern feel of the home. According to the owner, this is her favourite space in the home, because the chandelier was made by her brother. The double-volume window allows light to flood into the home.

The outside patio area, complete with a pool and a

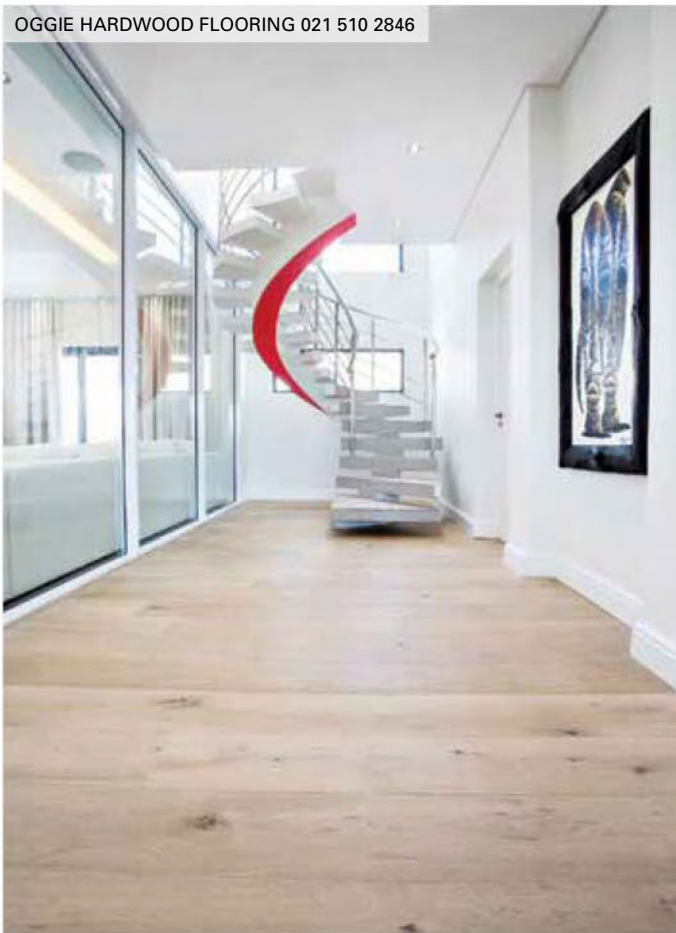
pizza oven, is where the family spends most of their time in summer; sliding doors allow the inside to open up and flow into the outdoor living space – perfect for a family who love to entertain in style. Upstairs you will find an open-plan dining room, living area and kitchen – the white, high-gloss kitchen leading into a scullery and laundry area.

The design brief was for something clean-cut, minimalist and modern. The wife admits to being a lover of neutrals and a clutter-phobe, but says that through the help of the interior designer, she's learnt to live with patterns and become a bit more daring with her decor.

A feature spiral staircase with stainless-steel



OGGIE HARDWOOD FLOORING 021 510 2846



RIGHT AND BELOW: Oggie products, approved by the Forest Stewardship Council, were used for the floors in this house. The pre-finished 220mm-wide European oak planks in Oliato Rustic Graymist, with distressed edges, were coated in WOCA Denmark UV oils. Oggie Hardwood Flooring has showrooms in Paarden Eiland, Kramerville and Umhlanga Village.

OGGIE HARDWOOD FLOORING 021 510 2846





balustrades leads to the next storey, where the bedrooms are positioned to take advantage of the view.

The master bedroom, en suite, has a walk-in dressing room and enviable wardrobe space. The children's bedrooms are both en suite and feature specially imported Ceragran tiles with a high-impact pattern.

All of the bedrooms open out onto a balcony, from where the family can enjoy a panoramic view of Table Mountain and the shimmering city of lights beneath it, every time they go to bed. 🏡

CONTACT:

COVET DESIGN – interior design

082 560 8691, jane@covetdesign.co.za, www.covetdesign.co.za

OGGIE HARDWOOD FLOORING – oak floors

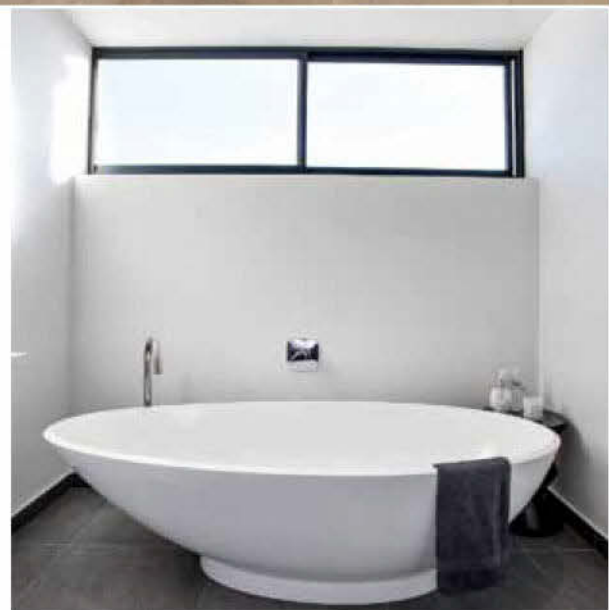
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MIDDLE: In this modern contemporary home, a Clipsal C-Bus automated system for the control of lights, motorised blinds, multi-room audio, underfloor heating and heated towel rails is controlled and monitored via a colour touch screen. This includes motion sensing, scenes and schedules. The latest automation technology provides convenience, comfort, value and style, and is energy efficient.

RIGHT: The Best Blind Company specialises in custom-made curtaining, blinds and soft furnishings. Founded in 1997, the company has grown considerably and now has a strong team of seamstresses and installers. The company's curtains and rods are popular worldwide, and have been fitted in some of the most exclusive homes in the Cape.



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TO THE MOVIES

BY JESS BINNS
PROJECT CONSULTANT AVRIL ELIAS
PROPERTY COORDINATOR CATHERINE DE VINCENZO
PHOTOGRAPHY VAL ADAMSON



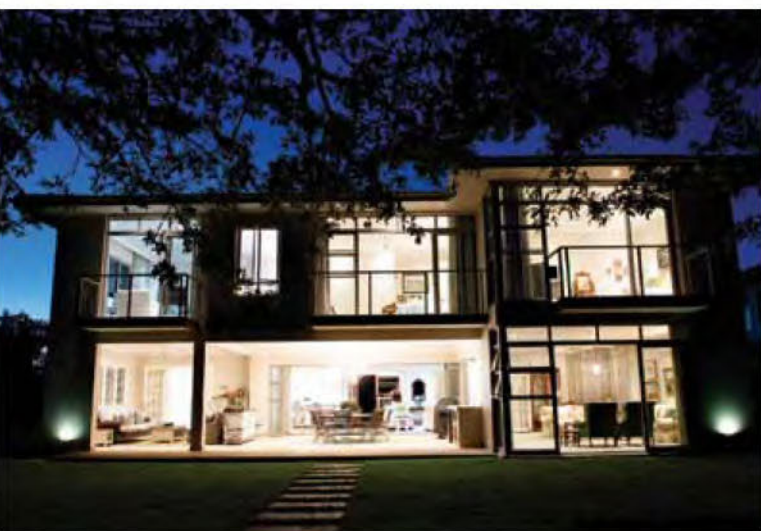


BRETENWOOD COASTAL ESTATE 032 525 4581

ABOVE: The northern shores of KwaZulu-Natal are fast becoming the destination of choice for new homes. Brettenwood Coastal Estate is situated in beautiful Sheffield Beach, a quaint coastal town with wonderful beaches. This exclusive, secure family estate is set in a prime stretch of real estate with endless sea views, championing Frank Lloyd Wright-inspired architecture to blend with nature. From two to three-bed villas for first-time buyers, to Forest Village, the beautiful retirement section of the estate, Brettenwood Coastal Estate caters for all.

If you're familiar with the Jack Nicholson and Diane Keaton film *Something's Gotta Give*, you'll notice striking similarities with the interior design of this home. Having fallen in love with the on-screen Cape-Cod style, the owners wanted to replicate the large family-friendly kitchen opening out into a laid-back lounge area.

A crisp white palette sets the scene, with classic timber shutters finished in signature white, adding a Hamptons holiday-home feel. Running with the Cape Cod theme, all carpets and curtains were kept the same, blending with the background rather than demanding attention. Nautical flashes of soft blue have been brought into the soft furnishings, and the striped rug in the lounge





PLANTATION SHUTTERS 031 266 7151

RIGHT Solid timber adjustable louvre shutters feature throughout this home. Designed and manufactured by Plantation Shutters, this striking addition not only adds style, but increases insulation and provides light control. Finished in a crisp satin white with satin chrome ironmongery, these timeless shutters are the perfect complement to any interior.

zones the soft seating area.

"There's a story behind the rug," the owner explains. "It's the same one from the film. The interior designer managed to track down the US rug company that made the one on set. A few weeks later, ours arrived on the doorstep!"

Situated in Brettenwood Estate, north of Durban, the plot was acquired for its uninterrupted views of the sea and bush, and its close proximity to extended family and King Shaka airport, for regular work commutes.





A crisp white palette sets the scene, with classic timber shutters finished in signature white adding a Hamptons holiday-home feel

This home is a big departure from the owners' previous English country-style home in Johannesburg. Having to adhere to the estate's architectural confines of a Frank Lloyd Wright style did take some getting use to. However, under the expert eye of the architect, the owners' apprehension of a modern home with open-plan living areas was soon alleviated, and today they cannot imagine living any other way. A formal lounge was introduced, though, which the owners do use in search of peace and to lose themselves in the pages of a good novel.

On a clear, sunny day, with all of the doors open and with natural light flooding in, this home becomes a movie set of its own. 🏡

CONTACT:

BRETTEWOOD COASTAL ESTATE

– residential estate

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The colour that the owners chose for this room is the Plascon Double Velvet *Moody Blue* (code 108) from *The Essential Collection*, which provides a stunning mood-enhancing backdrop. The bright white sofa against the rich blue backdrop creates a striking contrast, with white, beige and blue accents carried through in scatters and accessories.

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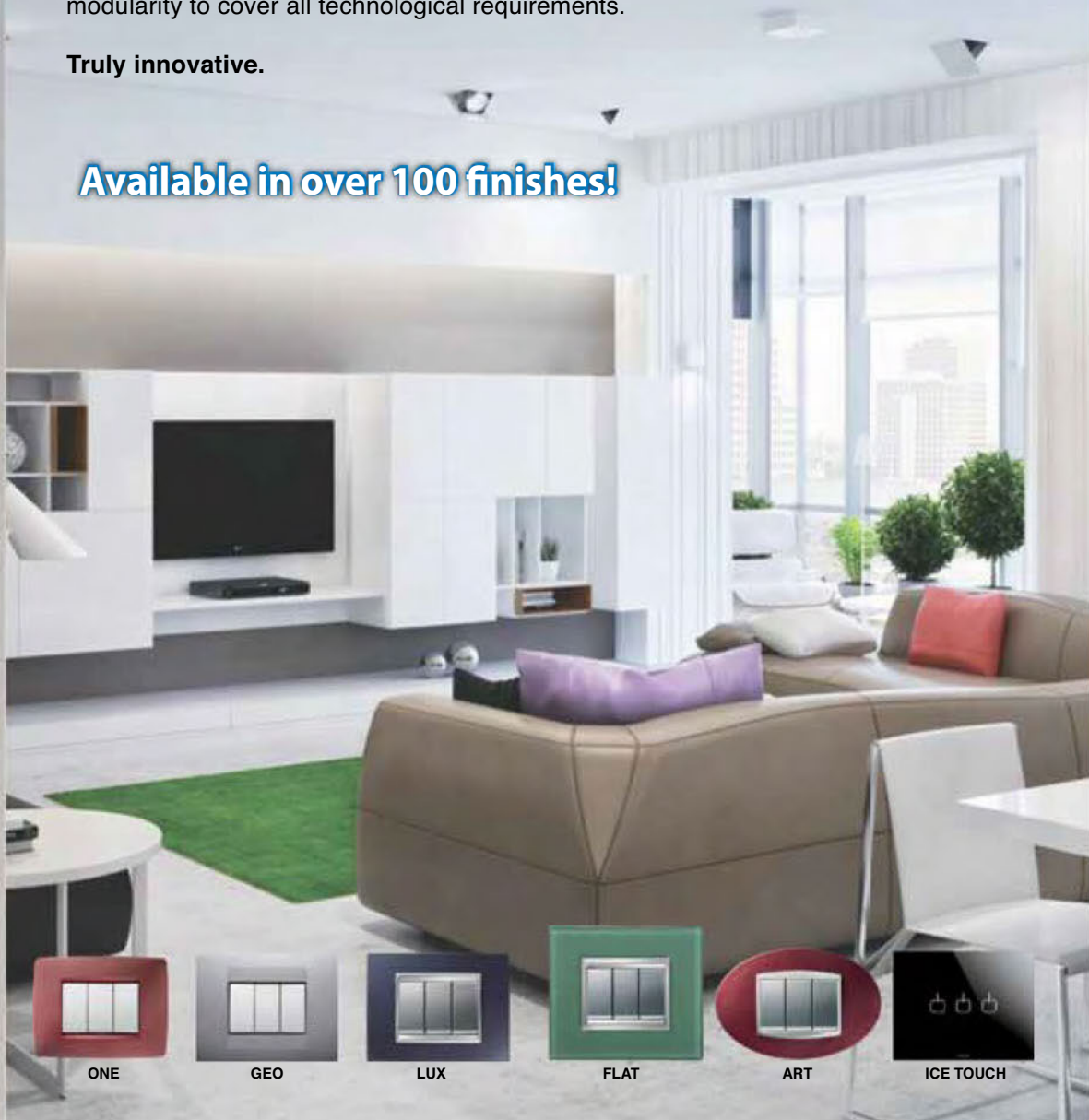
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ATLANTIC CHIC

BY JOSIE EVELEIGH
PROJECT CONSULTANT DEBBIE ZEELIE
PROPERTY COORDINATOR WADOEDA BRENNER
PHOTOGRAPHY KEITH QUIXLEY



ZIMBOS TRADING 021 511 4693

A magnificent view over the world-famous Bakhoven beach and the allure of a healthy lifestyle made this move a no-brainer for the owner, who now calls this special spot home. The apartment is also within walking distance of neighbouring beaches, as well as the vibrant, beachfront restaurant boulevard of Camps Bay.

The owner ran past the development in its early building stages and immediately knew this was the place to come home to. After working and living in London, the convenience of being able to walk to everything, and the vibrancy of beachside living, was what made the decision final.

The apartment boasts three beautiful en-suite bedrooms, an open-plan lounge, kitchen and home study area. The owner's friend is an interior decorator and helped him to bring his overall vision to fruition. In describing his personal style and taste, he says he always leans towards contemporary, smart design with clean lines, but loves the warmth and lived-in feeling he has created in his home. His overall inspiration was "New York apartment meets The Hamptons", he says.

The bedrooms have a monochrome palette with accents of blue and grey. To avoid a cold, overly modern aesthetic, the homely feel was enhanced with cornices and detailed skirtings throughout. Lighting plays an integral part too,

RIGHT: Zimbos Trading specialises in the supply and installation of top-quality wooden flooring and timber decking, and has a wide range of wood, from solids to engineered. The wooden flooring in this house was hand-finished with Loba German matt water-based varnish, with a Wenge stain below for a dark, rich undertone.





CLASSIC REVIVALS 021 421 6327



SPOTLIGHT KITCHENS AND INTERIORS 021 762 9253

ABOVE LEFT: Classic Revivals manufactures custom-made furniture for the residential, hospitality and corporate markets, both locally and internationally. Here, the brief was for “timeless elegance”, and all pieces were manufactured from mahogany. The company provided the dining table with spoonback chairs, custom-crafted bedside pedestals, occasional tables, and the desk in the study.

ABOVE RIGHT: Spotlight Kitchens and Interiors designs, manufactures and installs custom furniture and fitted joinery. In this house, the company was responsible for the kitchen, bedroom and bathroom cabinets, TV units, study cabinetry and wall panelling. The kitchen is a combination of hand-painted cabinets, a solid American walnut island worktop and Volokas counters.

To avoid a cold, overly modern aesthetic, the homely feel was enhanced with cornices and detailed skirtings throughout





HANDLES INC 021 422 2322



ABOVE LEFT: Supplied by Handles Inc, this striking and stylish door handle, called Asti, has a satin chrome finish. Handles Inc focuses on quality products, unique ranges and service excellence. The company supplied all of the door handles, locks and bathroom accessories for this modern house.

His overall inspiration was “New York apartment meets The Hamptons”

highlighting features and finishes. Offering an opulent living space that allows the beauty of the indoors to perfectly complement the setting, this apartment is light and bright – loads of natural light flood the space from the windows overlooking the Camps Bay palms.

Tranquil and relaxed, it's also the perfect place to call home for someone looking to tap into the Mother City's natural energy. 🏡

CONTACT:

CLASSIC REVIVALS – custom furniture

021 421 6327, capetown@classicrevivals.co.za, www.classicrevivals.co.za

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LET THERE BE LIGHT

BY JESS BINNS
PROJECT CONSULTANT AVRIL ELIAS
PROPERTY COORDINATOR CATHERINE DE VINCENZO
PHOTOGRAPHY CHRIS ALLAN



WHITEHOUSE DESIGNS 031 764 6666



After spending every available school holiday and long weekend at the coast, this family finally made the call to up sticks and relocate to the sunny climes of KwaZulu-Natal's northern shores.

Built in to the sloping hills of Brettenwood Family Estate, the unassuming entrance belies what awaits on the other side. Natural light floods this double-storey home, highlighting the thought and care taken in creating it. Unapologetically, curtain treatments are few and far between, the immediate surroundings seen as a visual extension, an integral part of the puzzle.

TOP: Architectural company, Whitehouse Designs consistently strives for quality and excellence in meeting the expectations and budgets of its clients. The owners of this home had a very clear vision for their house, and worked closely with Whitehouse Designs to develop and create their very own masterpiece.

Natural light floods this double-storey home, highlighting the thought and care taken in creating it

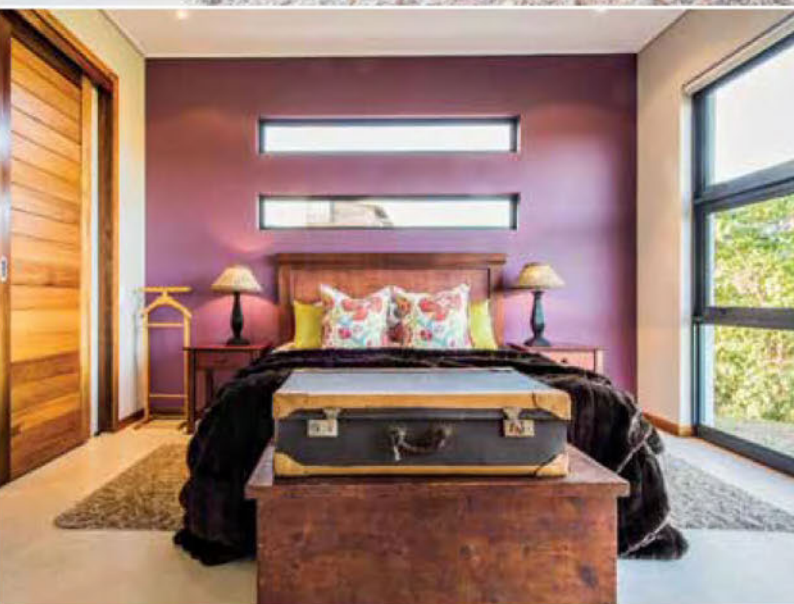
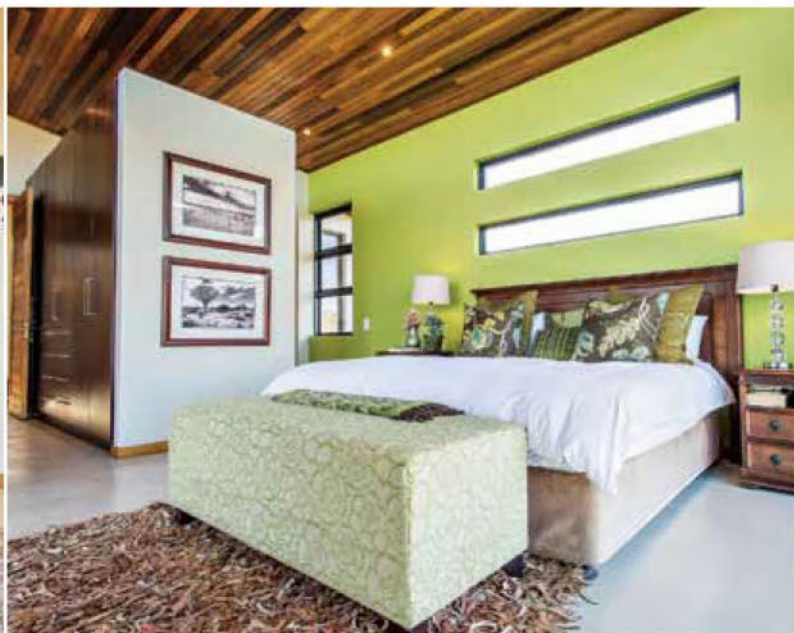


THE KITCHEN STUDIO 011 781 4888



ABOVE: The kitchen, created by The Kitchen Studio, was finished in walnut veneer with white accents. The worktops are 30mm crystal quartz white. Working with the architectural layout, a raised bar area was introduced within the double-volume space. The cooking area overlooks the bar, terrace and pool, adding a valuable social aspect to the design.

The owners of this home worked closely with local architect Peter Whitehouse, of Whitehouse Designs. Armed with an array of inspirational images, they were able to really set the scene for their future home. "Peter just got us," says the owner. "He considered everything we gave him; it was an absolute pleasure to work with him."



A family home filled with light and colour, surrounded by nature and a horizon never far from view... This home has it all

At the centre of both floors you have communal areas in which to kick back and relax. A subtle-toned floor screed runs throughout the house, stopping only at the bathrooms to make way for quartz carpet, a fine-textured flooring that has good grip and feels luxurious underfoot.

Throughout the house, bold accent colours identify each space. Far from overpowering, the statement walls balance out the rich, earthy tones of the variegated timber ceilings. "Colour is very much part

of me, part of who I am," explains the owner. One area of note is the well-executed kitchen. In constant use, this is the heart and soul of the house, enhanced by the atrium over the bar counter, which adds a touch of drama.

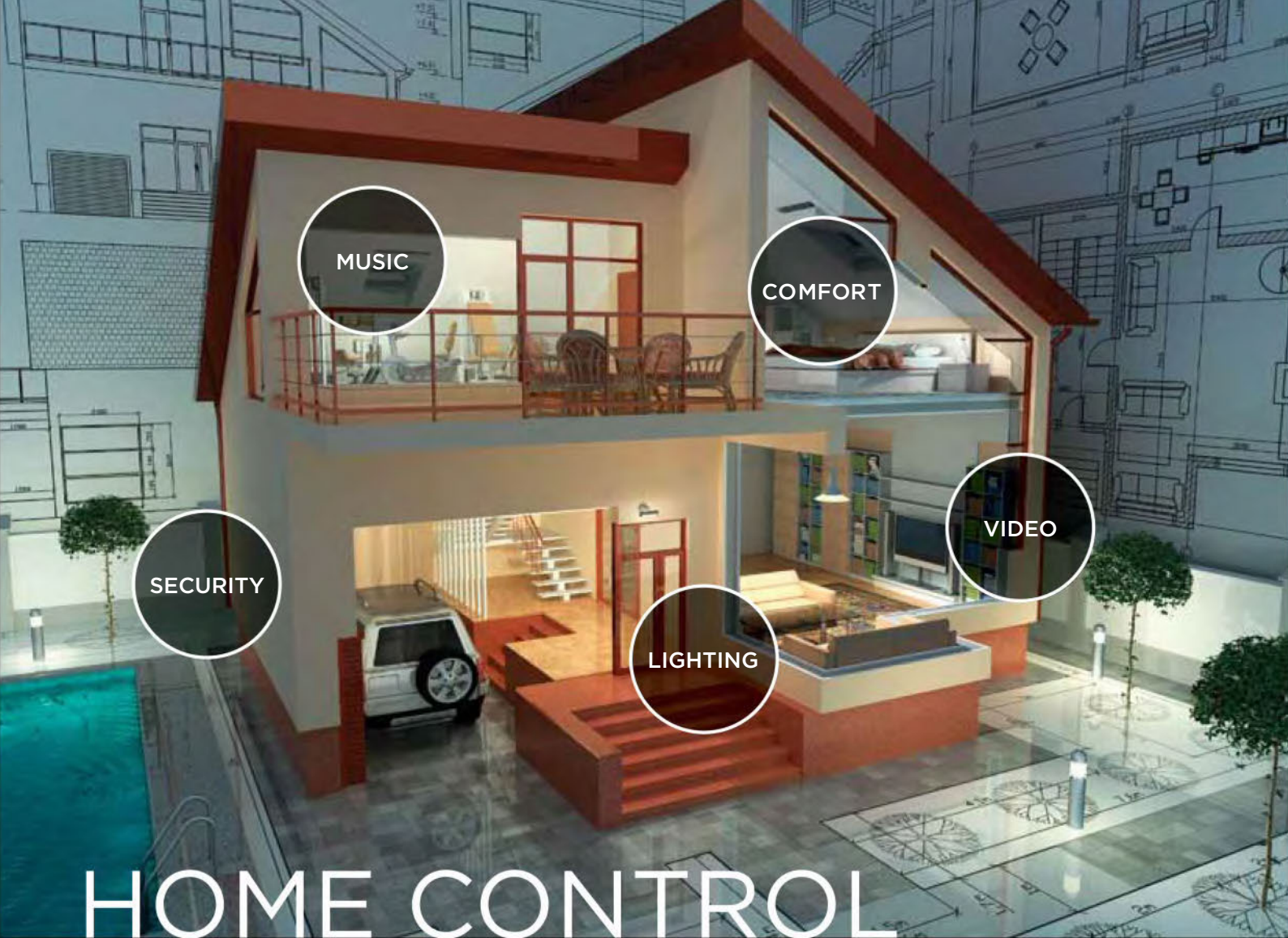
"All the best parties happen in the kitchen," laughs the owner. "No matter where you start out, you always end up migrating to the kitchen."

A family home filled with light and colour, surrounded by nature and a horizon never far from view... This home has it all. 🏡

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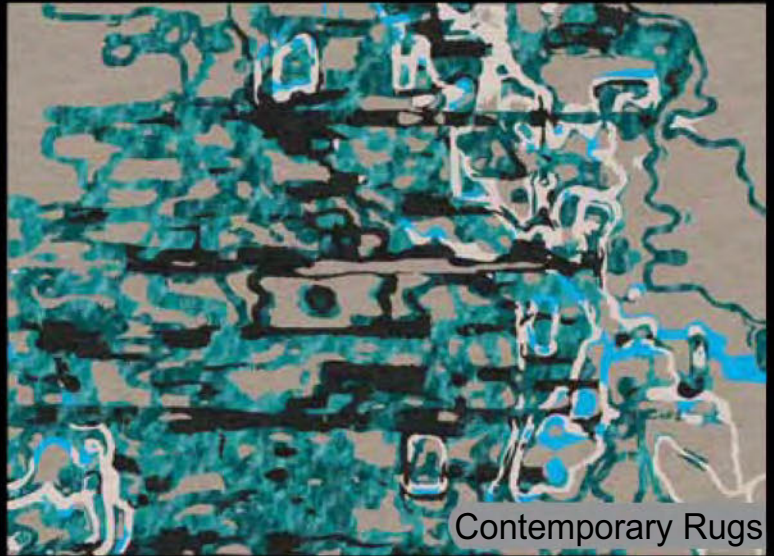
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face to face

A glimpse into the lives of decor and design professionals – **BY SHEREEN LURIE**



STEVE BROOKES
SMEG SOUTH AFRICA

Smeg is a world-leading Italian appliance manufacturer that was founded over 65 years ago by the Bertazzoni family, who, with great passion, know-how and a never-ending search for excellence, have succeeded in developing a truly iconic brand. Smeg appliances represent a perfect synthesis of Italian style and functionality, and are born from collaborations with world-famous architects and designers.

Steve Brookes, managing director of Smeg South Africa, became involved in the company after being recommended by a friend. "Having spent my formative years in the consumer electronics space, the shift presented a great deal of similarities from a sales and marketing perspective, and working in the appliance industry also meant being involved with the heart of the home – the kitchen," he says.

According to Steve, design choice is key when it comes to customising your kitchen space and expressing your personal style. However, he emphasises that while it's important that a kitchen looks terrific, you need the right appliances to make it work. "While there's no perfect setup, it's about finding the kitchen solution that best fits your lifestyle. Choose high-performance appliances with optimal resource efficiency and intuitive features that not only make life easier, but save you time and money."

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MY CURRENT GOALS INCLUDE...

accumulating more knowledge; ensuring (of course) that Smeg remains the number one prestigious appliance brand in South Africa; reducing my golf handicap.

I HAVE...

two wonderful sons and a beautiful partner. I like to travel, listen to good music, and have a keen interest in current affairs and business news.

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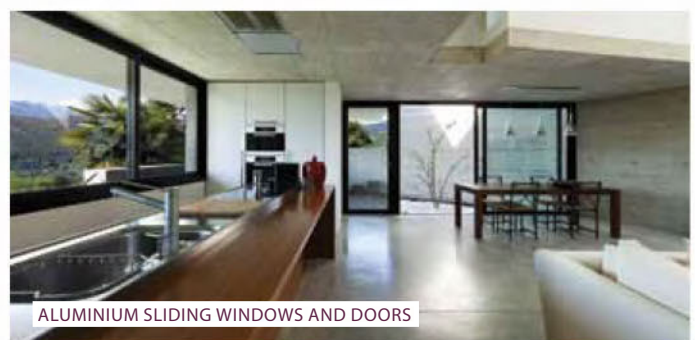
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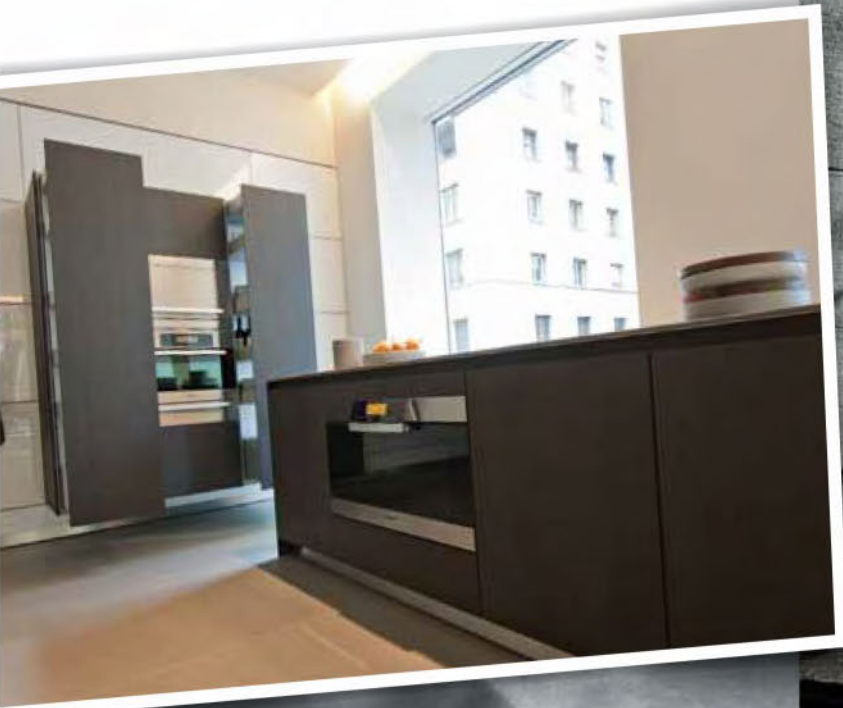


GET ORGANISED

JANINE JORGENSEN EXPLORES WAYS TO
KEEP YOUR KITCHEN IN ORDER

As the kitchen is often more than just a room in which to cook, it's important that it's a stress-free space to be enjoyed. The first step to achieving this is to ensure it's organised.

There are many ways to be smart with storage in order to avoid exploding drawers and chaotic cupboards



IN THE ZONE

Understand how you want your kitchen to work for you; then separate the space into specific zones, such as cooking, storage, preparation, cleaning and eating, which are practical and convenient.

For example, "you don't want to do a marathon every time you cook. This is going to make cooking a chore instead of a pleasure. Have everything you need close at hand," says Sergio Polita of Snaidero Cucine. So keep your cooking essentials (oils, seasonings, pots and pans) within easy reach of the hob and oven.

If you set up a station for hot drinks, with the coffee machine and kettle, then store cups, tea, coffee and sugar nearby.

Tyron Sykes of Eclipse advises that as the preparation zone is the main work area, it should be at least 90cm wide. "This will ensure enough worktop space to make cooking easy and enjoyable," he says. It is also a good idea to include the sink in this zone.



SMART STORAGE

"A multifunctional design is not just about the allocation of various zones, but the customised design of the cabinet internals, ensuring the ultimate interpretation of the space," notes Philip Richards of blu_line.

There are many ways to be smart with storage in order to avoid exploding drawers and chaotic cupboards.

"It really is best to make a list of everything you need in your kitchen: glassware, flatware, crockery, pots, pans and pantry, and plan the space for it. Then calculate the right combination of drawers and shelving to suit your needs. Height is crucial if you're looking for extra storage," says Ramón Casadó of bulthaup.

Use inserts and dividers in drawers to keep utensils in place. "Rubber mats inside each drawer with an anti-slip coating are a must," adds John

Dammermann of Easylife Kitchens. Deep pull-out drawers are more practical for storing pots and pans than shelves in a cupboard.

Although it's tempting to hide objects behind closed cabinets, glass frontage and open shelving will force you to keep things neat and tidy, as they're on display.

In the pantry, store like with like, such as placing all of the dry baking ingredients together. Transparent containers not only look more attractive, but are also a way of seeing if you need to top up any items.

"Your shopping habits will also be important here. For example, if you shop monthly, you will need a larger pantry to store more goods," says Tyron.

He suggests using individual pull-out drawers for the pantry, as you can clearly see and identify goods at a glance, making it easy to keep your pantry organised.



If the kitchen island forms part of the preparation zone, add shelves and/or drawers to it for the tools you might need



SPACE SOLUTIONS

"An organised environment is not just about storage, but also about the feeling you have when you are in a space, and the way the space allows you and others to move around in it," says Philip.

Use all available space in the kitchen to your advantage. If the kitchen island forms part of the preparation zone, add shelves and/or drawers to it for the tools you might need. "For day-to-day crockery, I usually create half-depth units at the back of the cooking island facing the dining area. These half-depth units carry all you need for your everyday use, without you having to dig for it," suggests Sergio.

Other ideas include installing strip lighting and a pull-down shelf to hold cookbooks or a tablet under cabinets,

and adding shelving or bins below the U-pipe beneath the sink. "The most important thing to bear in mind when it comes to kitchen organisation is for home owners to discuss their needs, storage problems and the desired solution with designers and industry professionals. This ensures that they can be guided in the direction of the best product and solution," concludes Lilly Botha of Country Style Interiors. 🏠

With thanks to *blu_line*, *bulthaup*, *Country Style Interiors*, *Easylife Kitchens*, *Eclipse*, *Espresso Design*, *German Design Haus* (*SieMatic*), *Sterlings* and *Snaidero Cucine*

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Pictures: *blu_line*, *bulthaup*, *Eclipse* and *Snaidero Cucine*



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Must-haves for the organised kitchen – BY JANINE JORGENSEN

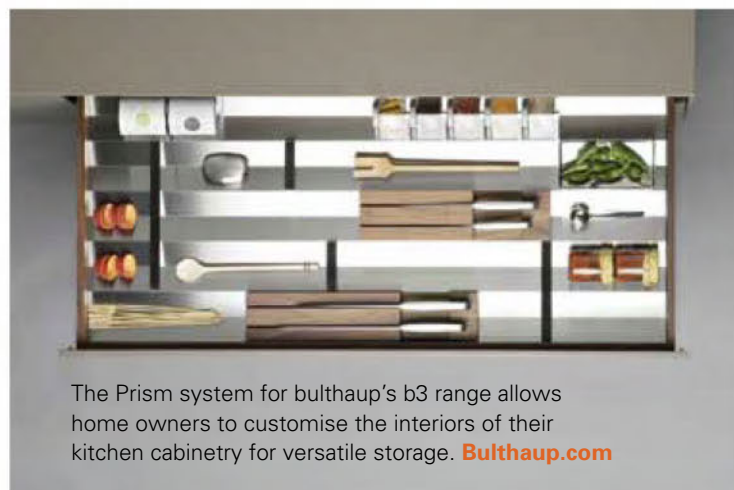


Keep your pantry organised with the Blum Space Tower larder unit, which has pull-out drawers for easy access.

Eclipse.co.za

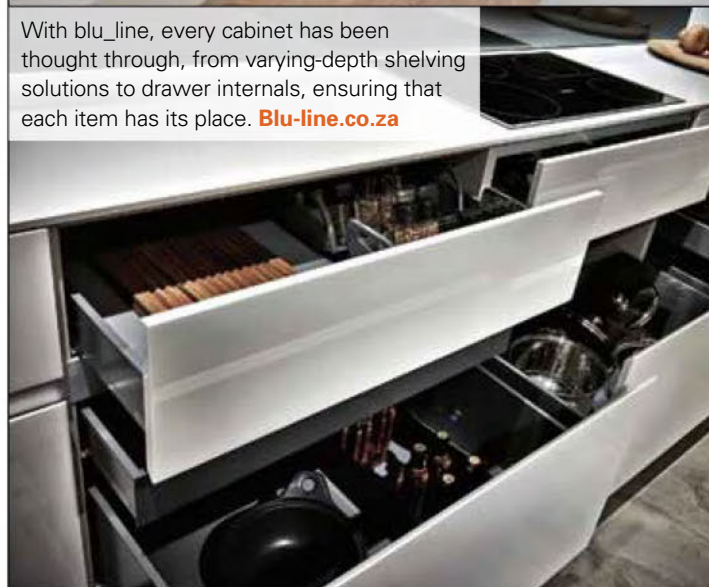


Store spices in transparent jars, such as these in the Jamie Oliver flip top spice jar set, so you can see when you need to top up. Boardmans.co.za



The Prism system for bulthaup's b3 range allows home owners to customise the interiors of their kitchen cabinetry for versatile storage. Bulthaup.com

With blu_line, every cabinet has been thought through, from varying-depth shelving solutions to drawer internals, ensuring that each item has its place. Blu-line.co.za



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SOAK UP WELLNESS

ESTHER MOLOI EXPLORES WHY SPA BATHROOMS
ARE GOOD FOR BOTH BODY AND SOUL

Pictures: Bathroom Butler and Lifestyle Ceramics



The bathroom can easily be transformed into a place of indulgence, but if it adds to your overall health and wellness, that's a plus. Having a "private spa" within the four walls of your home is a concept that's gaining ground as more home owners are looking to create a haven in their homes where they can relieve the tension and stress of a long working day.

Spa baths were originally used in hotels and gyms, offering wellness benefits to those who suffered from sore muscles, agitation and stress. The wonderful thing about the spa bathroom is that you can get the benefits from both bathtubs and showers.

Open-plan bathrooms work well as spa bathrooms, where you can have the luxury of including a freestanding bath and a steam shower. Debra Retief of Tile Africa recommends having a bathroom that is open and airy.



There should be ample storage space, and the right bathroom accessories will help to make the space neat and convenient

"Have large windows that ensure there is maximum use of natural light," she says.

These days, spa baths come in a range of shapes and sizes, including oval, rectangular and corner units. It's a good idea to choose

one that includes hydrotherapy jets, as they use temperature and pressure to stimulate blood circulation.

"Showers that have a steam option are ideal for home spa applications, as they



allow your shower to function as a steam room too," advises Craig Taylor of Bathroom Butler. Shower columns are great options, as they offer hydrotherapeutic body massages.

To achieve a luxurious spa bathroom, the space needs to be well planned and streamlined, making it simple and clutter-free. There should be ample storage space, and the

right bathroom accessories will help to make the space neat and convenient.

Heated towel rails are a must for that extra touch just when you need it, and a modern bidet is worth considering. "Foot massage induction jets, hot seats incorporating spinal massage jets, volcano jets and shiatsu massage jets are sanitaryware products a spa





bathroom cannot do without, and a good view from the bathroom wouldn't hurt either," suggests Gary Deysel of LAVO Bathroom Concepts.

- Spa bathrooms don't have to be big, though; there are steam showers available that are only a square metre in size, but still provide the same benefits.
- Shower toilets are also useful; they give you the benefit of a shower and a bidet in one unit, are very hygienic and add luxury to the room.

To finish off the sensory experience, add a touch of nature with finishes such as timber, natural stone and a neutral colour palette. Also consider accessories that are environmentally friendly and energy-efficient. 🏡

With thanks to Bathroom Butler, Douglas Jones, Duravit, Ferreiras, Jeeves, LAVO Bathroom Concepts, Lifestyle Ceramics and Tile Africa



THE HEALTH BENEFITS

Spa bathrooms functions to improve blood flow and circulation, aiding in the delivery of nutrients in the body.

- Jetted baths massage and ease muscle pains. They are beneficial for relief from sports injuries, and are especially good for helping expecting mothers to relax and prepare for the birthing process.
- Steam showers open up your pores and help the body to get rid of toxins.
- Jetted baths and steam showers play a role in exfoliating the skin, getting rid of dead skin cells.
- With regular use, they can help to lower blood pressure. The water jets offer great massages, which have a calming effect.
- Spa bathrooms provide a good atmosphere for mental relaxation, especially if the bathroom is void of visual and electronic distractions.

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Must-haves for the bathroom – BY ESTHER MOLOI



This freestanding Athena bathtub from Tile Africa is slip-resistant and adds vintage flair. Tileafrica.co.za



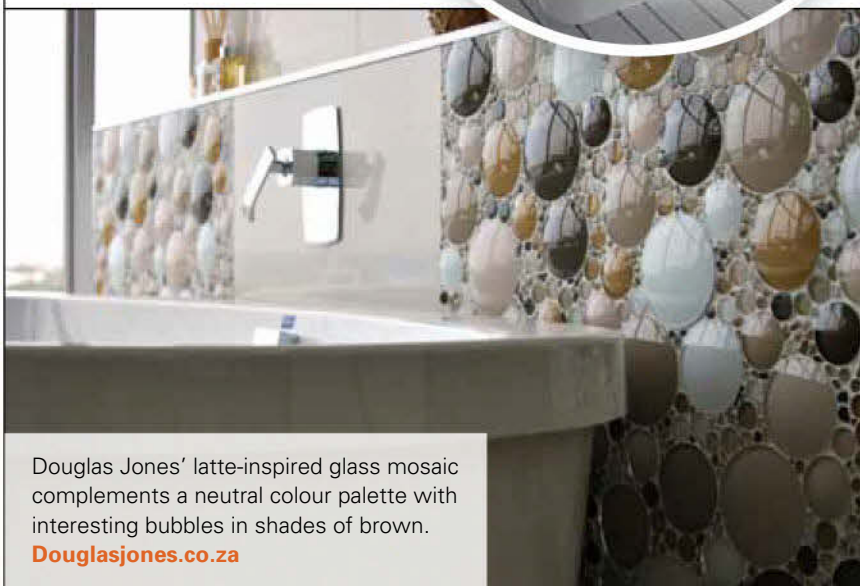
Take a modern approach to the lighting in your bathroom with a natural wood pendant in a white finish, from Illumina. Illumina.co.za



A freestanding, pear pedestal basin allows you the flexibility of positioning your basin anywhere, not just against a wall. Lavo.co.za



The wall-mounted cabinet from Duravit's L-Cube range is a simple solution to your bathroom storage needs. Duravit.co.za



Douglas Jones' latte-inspired glass mosaic complements a neutral colour palette with interesting bubbles in shades of brown. Douglasjones.co.za

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SAYS **MARIANNE MCDONALD**



The time will come to revamp your living area, but there's no reason to start from scratch. Keep all of your favourite investment items and create the ultimate updated look with beautiful accessories.

"I recommend looking at the whole space as one design piece. That means taking all practical elements and giving them a twist, to form a unique and elegant space," says interior designer Peter Lekganyane of German Design Haus.



SOFT FURNISHINGS

Whether you're looking to update your space or to completely revamp your decor without breaking the bank, accessories and soft furnishings are the place to start.

Scatter cushions make a statement and are the easiest way to make a change – simply change the covers on your existing inners. When selecting fabrics, mix and match textures and patterns in similar colours and hues. Your favourite armchair may also benefit from being recovered in fabric complementing your new scheme; this is an inexpensive solution to a "brand-new" piece of furniture.

"A quick, easy way to update your existing curtain track is by adding a clip-on rod. It's easy to install, as you simply clip the rod onto your existing curtain track," says Bronwyn McAllen of Decorland. Combine this with updated tiebacks and you'll be surprised by the instant change in the look of your window dressings. If you want to go a little further, consider replacing curtains with shutters, for a modern and streamlined look that complements any setting.

Pictures: Skinny laMinx, Willowlamp, Woolworths



ACCESSORIES

If your living area is feeling slightly dated, accessorise with modern items such as metal and Perspex.

These materials blend well with modern or classic furniture.

"Pendant lights and floor lamps can be placed to highlight certain areas where there is furniture, to create a cosy and warm feel," suggests Peter. Pick up colours from your furniture and fabrics when choosing lamps and shades, for a seamless and purposeful look.

WALLS

"Any room can be updated by creating a feature wall using wallpaper. It's easy to apply and can really enhance the look of a room," notes Bronwyn. When opting to cover the entire room, select more neutral and textured options. However, let your imagination go wild when revamping just a feature wall – it should really stand out.

Oversized artwork or gallery walls can also make a huge difference, and mirrors can be particularly beneficial if you're trying to open up your space or bring in more light.



FLOORS

While updating flooring can be labour-intensive, rugs are the perfect option, and the effect can be achieved in just a few moments. Invest in something you absolutely love and you'll be able to move it around the house when the time comes for another change. Think of a rug as a piece of artwork on your floor – they really can change the overall look and feel of a room.

When selecting fabrics, mix and match textures and patterns in similar colours and hues



FURNITURE

When you furnished your home, you undoubtedly spent time, effort and money on finding the perfect couches, TV cabinet and coffee tables. There's no reason to reinvest in these items, but you may want to try re-arranging them in your space. Placing a sideboard behind your couch could open up opportunities for adding lamps, accessories or a gallery wall in the space, completely changing the look of your room.

Moving furniture around can also help to demarcate the space. If you have an open-plan area, placing your couch in the middle of the room rather than against a wall will create a cosy living area and differentiate it from the rest of the room. 🏠

With thanks to @home, Boardmans, Decorland, German Design Haus, Laser-Edge Design, Skinny laMinx, The Rug Company and Willowlamp

Moving furniture around can also help to demarcate the space





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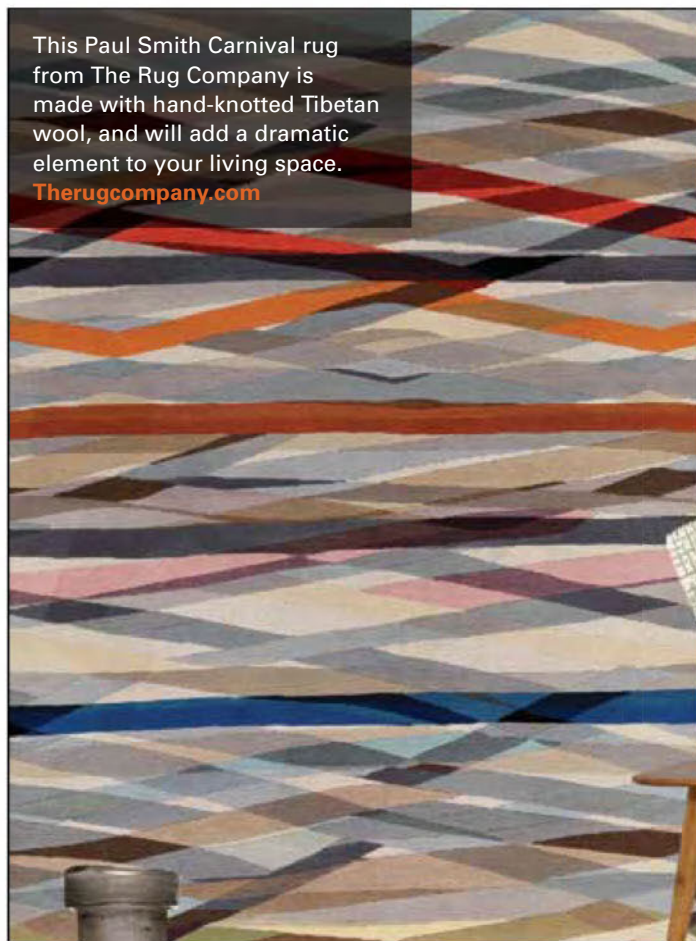
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trendspot

Keeping your home a trendy space – **BY MARIANNE MCDONALD**

This Paul Smith Carnival rug from The Rug Company is made with hand-knotted Tibetan wool, and will add a dramatic element to your living space.

Therugcompany.com



Natural textures add cosy appeal to any interior, while neutral fabrics are versatile and fresh. **Boardmans.co.za**



Add some fun and fantasy to your living area with these block-printed fabrics inspired by vibrant India. Perfect for lampshades, scatter cushions or statement pieces.

Skinnylaminx.com



Scandic-inspired design is the ultimate in beautiful minimalism, and Coricraft is now offering a wide range of options. Invest in a timeless coffee table for a modern approach to family living. **Coricraft.co.za**

Accessories such as these W Collection vases can make all the difference to a perfectly curated space, and provide beautiful colour and texture. Add single flowers or foliage to make a real statement.

Woolworths.co.za



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HERBS FOR HEALTH

HERB GARDENS ARE SURPRISINGLY EASY TO GROW AND MAINTAIN. CREATE YOUR OWN AT HOME AND START BENEFITING FROM THE INCREDIBLE HEALTH PROPERTIES OF HERBS, WRITES **MARIANNE MCDONALD**



With some pots, soil, fertiliser and water, you can create a herb garden filled with health benefits, right within arm's reach.

Your herbs will need plenty of sun to thrive. Morning sun and afternoon shade are ideal, especially in the summer months, so aim for at least four hours of full sun each day.

Prepare the soil by loosening any compacted soil with a gardening fork and adding about an inch of fertiliser to the top, and then working it through. Aerating the soil ensures proper drainage and allows space for the roots to grow, while fertiliser will ensure your plants get all of the nutrients they need. Water your plants whenever the soil a few inches from the top is dry – most herbs hate going thirsty.

PARSLEY: This hardy plant boasts a high vitamin and mineral content, and, before it ever entered the culinary world, was used as medicine to treat everything from kidney issues to digestive problems. Rich in vitamin K, C and A to benefit your skin and immunity, this is a great option for your herb garden.

BASIL: This is one of the most popular herbs for home planting,

since it's easy to maintain and grows extremely quickly if cared for properly. Although widely used in Mediterranean cooking, you may be surprised to know that it originated in India and Persia. Health benefits of this intoxicating herb include antibacterial and anti-inflammatory properties.

MINT: This is one of the easiest herbs to grow and offers versatility in the kitchen. The health benefits are numerous, and range from freshening breath to easing digestive disorders and nausea. It has also been shown to relieve fatigue, so fresh mint in hot water may be an excellent alternative if you're trying to cut out caffeine. Interestingly, research published in the *Cancer Journal* has found a link between mint and cancer prevention, as well as protection against radiation.

CORIANDER: Also known as cilantro, this herb contains magnesium and iron, as well as vitamin C and K. Coriander has been used to treat skin irritations and to lower cholesterol, and will go best with Indian and Mexican-inspired meals. 🌿

With thanks to: Jane Griffiths Sunbird Publishers

THE GREEN SPOT



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EVENTS

HERMANUS FLOWER FESTIVAL

This festival will take place at the Fernkloof Nature Reserve from 24 to 27 September. Hundreds of local flowers will be on display, as well as gorgeous show gardens. Entrance is R20 per adult, and kids under 12 enter for free.

Hermanus-festivals.com



SASOL BIRD FAIR

The Annual Sasol Bird Fair will introduce visitors to the beauty of nature and conservation. The fair takes place on 5 and 6 September at the Walter Sisulu National Botanical Gardens.

Sasol.co.za



GREEN LAWN TIP

SPRING IS THE PERFECT TIME TO ATTEND TO YOUR LAWN TO ENSURE A GREEN APPEARANCE ALL YEAR ROUND.

"Feed is the foundation of a strong lawn, and a good, slow-release 5:1:5 feed, applied once a month, will ensure your lawn is resistant to weeds, fungus and disease. To keep your lawn looking lush and green, water it three times a week at 7am for 10 minutes."

– Ian Leon, owner of LawncarePlus





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LIQUID ASSETS

WHICH IS THE BEST POOL FOR YOU? ESTHER MOLOI HELPS YOU TO DECIDE

The warmth of spring is slowly approaching, and soon the pool will be everyone's favourite place. The latest trends see home owners building larger pools with custom-built water features, including stainless-steel water spouts accompanied by simulated rock cladding. LED lights are becoming quite popular too. These can be remote-controlled and come in changing colours.

Swimming pools are becoming more and more elaborate, and are working well both indoors and outdoors. So if you are considering creating an interesting water retreat in your home, here are three pool ideas to consider.



TO INFINITY...

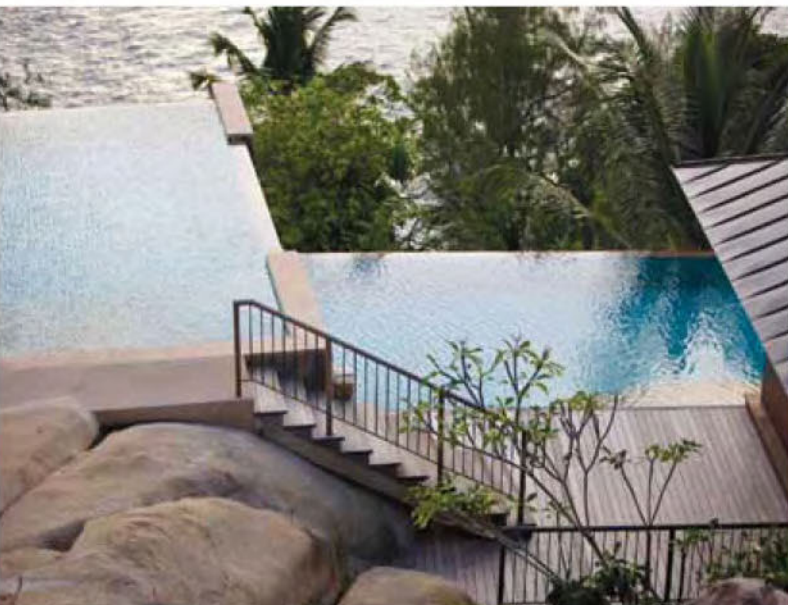
Infinity pools are very popular. They offer home owners the luxury of no limit, and a continuous water flow. Breathtaking views are synonymous with these pools, and they work very well in areas where the pool is higher than the view in front of it.

Location is key, so if your house enjoys views of the city skyline, the lush, leafy bush or the ocean, this is the pool for you. When considering an infinity pool for your home, be aware that this type of pool generally uses more water than conventional pools. It also requires a great deal of structural work to make it happen, so you need a qualified engineer to make it a reality.

To complement the pool, Elmar du Plessis of Splendid Pools recommends that you add a separate spa pool into which the water from the infinity pool can flow, and stick with the classic rectangular design for this pool; it's always a winner.



Location is key, so if your house enjoys views of the city skyline, the lush, leafy bush or the ocean, this is the pool for you





Pictures: © iStock.com, PowerPlastics Pool Covers, Splendid Pools and Silver Pools Solutions

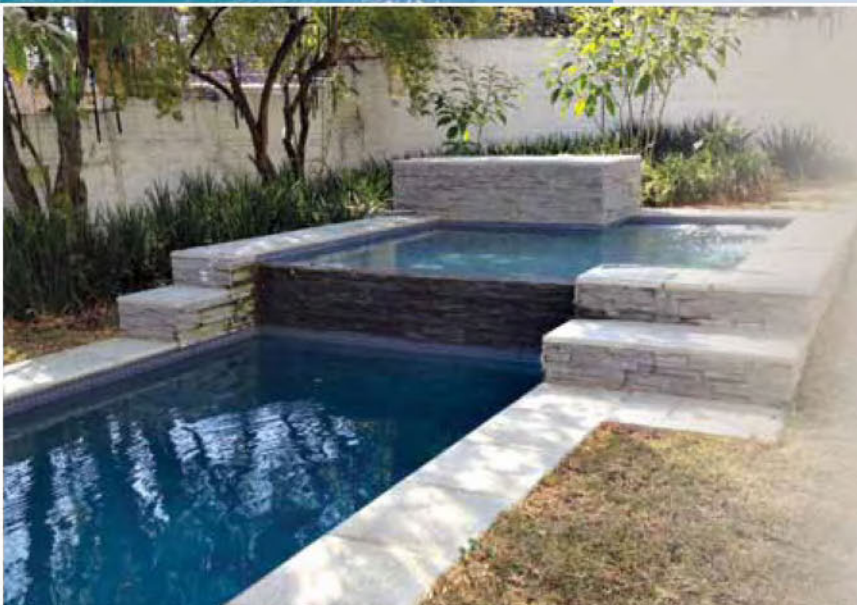
TAKE THE PLUNGE...

Plunge pools work well both indoors and outdoors, and are generally low-maintenance. They are the perfect solution for complexes and urban suburbia, coming in a variety of shapes and sizes to suit every home.

Indoor plunge pools are great for water conservation, as the water will not evaporate from the pool.

With the right accessories and features, the plunge pool can be the centre of attraction for any home. Add an interesting stainless-steel water feature to your outdoor pool for that wow factor and, for the indoor pool, consider adding a heating function. You can also play around with LED lighting to bring your swimming pool to life.

Consider using decking around your pool to create a seating area, which will allow you to soak your feet in the pool without taking a dip.



ALL-NATURAL...

The natural pool is the answer for the eco-friendly home. According to Ehren Harilall of Silver Pool Solutions, a natural pool is great because of the water it holds. "The water is filtered through water plants that break down the impurities, leaving it crystal-clear and fresh." Natural pools have been found to contain purer water than normal tap water. The water is completely free of harsh chemicals and chlorine.

To complement the natural pool, add rock cladding, wood decking and interesting water features to turn your pool into a natural sanctuary. 🏡

With thanks to PowerPlastics Pool Covers, Silver Pool Solutions and Splendid Pools



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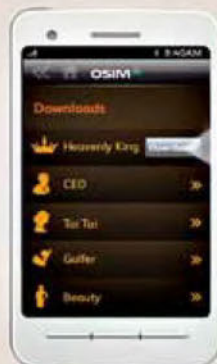
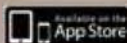
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Image courtesy of interior designer Steven Graham, Cape Town



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SEAT SURRENDER

JANINE JORGENSEN
REVEALS WHAT'S NEW IN
THE WORLD OF CHAIRS



“The focal point has become the inner structure of the furniture piece with an increased awareness of the materials used, thus creating more comfort for the user”

“Although all chairs perform a common function – that being to support the human form in the seated position to relax, work or dine – the scope for different styles, dimensions and materials is huge,” says Shirley Mast of Woodbender.

With so much on offer, where do home owners begin when it comes to interior seating? To make your decision easier, we’ve rounded up some of the top trends for chairs right now.

OLD WITH THE NEW

The design world has taken a look back into the past for inspiration and brought some iconic chair styles up to date.

In particular, mid-century furniture (produced from 1950 to 1970) has made a comeback in subdued colours, such as grey and matt pastels. Shapes are also rounded, rather than angular and stark like their predecessors.

Another style that’s appearing more in living rooms is the Chesterfield sofa. “The ever-popular Chesterfield chair has been modernised, with the addition of clean lines and quilting which provide a nod to its ancestor, but sit comfortably in any modern interior,” says Darren Postan of Casarredo.



SIMPLY NATURAL

With the craze for the Scandinavian aesthetic, certain current chair styles are uncomplicated and feature wood. “Exposed wooden seating frames combined with sleek, tailored upholstery combinations are extremely popular,” says Shirley.

One of the benefits of this natural material is its durability. “The use of simple bare wood furniture can offer a natural beauty to your home that will last a lifetime,” says Janene Schnell of Chair Crazy.

There has also been a return to leather upholstery. Not only is it practical, it is also available in a range of colours to suit most decor schemes.





EXPERT TIPS FOR BUYING CHAIRS

Before purchasing a chair, think about the function and space the chair is intended for, not only whether you “like the look”, says Darren.

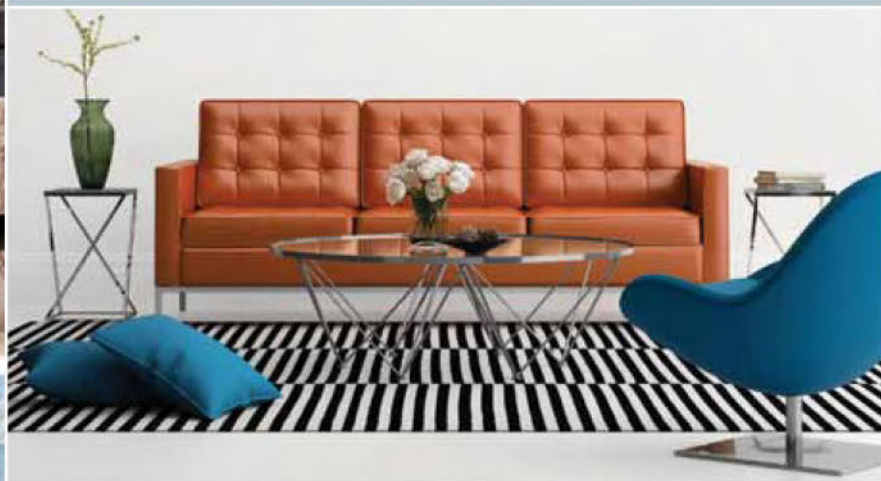
Structural strength and durability become critical for regularly used seating, such as dining chairs, advises Shirley. “Things to consider are: the cushion comfort, the backrest support and angle, as well as the depth and height of the chair, which will affect the ease of use,” she says.

Marc du Toit of Classic Revivals adds: “For sofas and armchairs, a solid frame with a long-term guarantee is essential.”

SHINING EXAMPLES

“We’re definitely stocking up on metallics, with the current industrial chic trend,” says Janene. Metals have been used in seating design as bases for chairs and stools, with warm copper, rose gold and brass being some of the favourite choices. “These tones provide a ‘bling’ alternative to neutrals and add interest to a monotone area,” says Darren.

Burnished metals also contribute a softer ambience to living areas compared to stainless steel, and add a luxury element to furniture.



COSY COMFORT

As the home offers a retreat from stresses of a busy lifestyle, chairs are being designed with relaxation in mind. Shapes provide ergonomic support for the body, and fabrics are comfortable, in warm, inviting colours, such as jewel tones of indigo blue and ruby red.

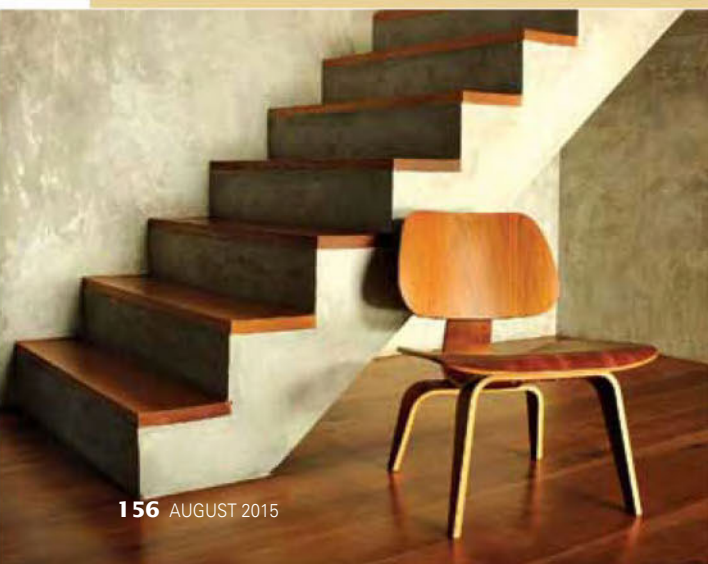
“The focal point has become the inner structure of the furniture piece with an increased awareness of the materials used, thus creating more comfort for the user,” says Darren.

Marc adds: “Using combinations of springs, foam, Unicurl [fibre balls] and down feathers ensures comfort and longevity.” 🏠

With thanks to Casarredo, Chair Crazy, Classic Revivals, Sofacompany.com and Woodbender



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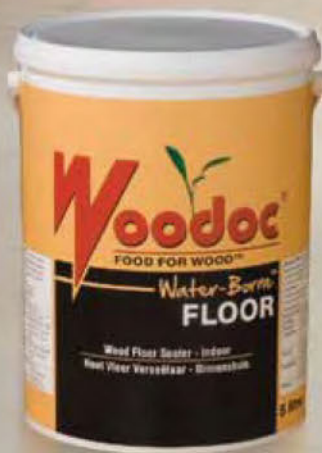
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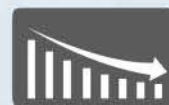
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A DAY AT THE SPA

OUR **SA HOME OWNER TEAM** DISCOVERS SOME WONDERFUL SPAS AROUND THE COUNTRY, TO SPOIL THAT SPECIAL LADY IN YOUR LIFE THIS WOMEN'S DAY

Going to a spa is no longer considered a luxury, but a necessity for your health and wellbeing. With the demanding times we live in, a day at the spa can be the much-needed escape your body is longing for, where you can indulge in some me-time, switch off and relax, recharge, reflect, detox and beautify your mind and body.

Modern-day spas cater for a range of health-promoting experiences, with treatments ranging from reiki healing to Himalayan salt stone massages, and even flotation pools.

So, the team at SA Home Owner visited eight spas around the country, reviewing signature treatments that could tempt you to block an afternoon off your busy calendar...





JANINE'S SPA OF CHOICE: KIEVITS KROON COUNTRY ESTATE AND SPA

LOCATION: PRETORIA

The experience: Drawing up to the entrance of Kievits Kroon Country Estate, I really felt I'd escaped the rat race of Gauteng city life, from the dirt road to get there, to the Cape Dutch-style manor house at the end of the tree-lined avenue. Even the treatment rooms of the spa have been named after grape varieties to create that "winelands" atmosphere.

In keeping with this theme, I was there to experience the spa's Winelands Signature Treatment, a full-body massage with hot stone reflexology, followed by a hot oil scalp massage. Daisy, my therapist, did an amazing job of kneading away the knots and tension from head to toe, using natural grapeseed oil. After she'd finished, I visited the steam room and the hot tub overlooking the garden, putting real life on hold for just a bit longer.

Overnight option? Accommodation includes 142 rooms located in clusters on the estate.

Pre-spa snack and refreshment? You won't go hungry at the spa itself, with a table of snacks, tea, coffee and fruit-infused water on offer at your arrival. There are also two restaurants on the estate, and picnic baskets can be arranged on request.

Good for a quick-fix country retreat for stressed-out city slickers.

Remember to plan enough time to get the most of the spa facilities, including a Jacuzzi, steam room and sauna.

I loved the sun setting over the estate – the final touch to a great afternoon away.

Price: The Winelands Signature Treatment is R680. There are various spa packages throughout the year.

Visit Kievitskroon.co.za



JESS'S SPA OF CHOICE: KARKLOOF SAFARI SPA

LOCATION: THE MIDLANDS

The experience: The minute I drove through the gates, my pulse slowed; relaxation was almost instant as the magic of Karkloof Safari Spa engulfed me. This place transports you into another world, where the main gift to each guest is the luxury of time. You are neither late nor early; within the 3 500ha retreat, you are always on time.

From the word go you are treated like royalty: hot hand towels on arrival, then a gentle meander by a game vehicle through the rich tapestry of the eco estate and its abundant wildlife.

On arrival at the spa, I received a tour of all of the facilities on offer. Several treatment rooms have large expanses of glass, allowing you to catch glimpses of the flora and fauna.

On recommendation, I chose the 90-minute Karkloof Thai Yoga Massage. Known as "the lazy man's yoga", this treatment combines massage, diagonal stretching and pressure points to relieve tension. My dainty-looking therapist methodically pulled and rocked me using her own body weight. I left Karkloof feeling renewed, but not before enjoying the plethora of pools on offer, and a delightful detoxifying juice in hand.

Overnight option? Yes, the spa is only one part of this beautiful place. There are a number of luxury villas for overnight guests.

Pre-spa snack and refreshment? The Greens and Teas Café serves up delicious meals, which always include one raw-food option.

Good for that one very special weekend away from city life.

Remember to pack your swimmers. Forget your cellphone!

I love that all spa products are hand-prepared from organic and locally sourced produce. Clean living doesn't get any better than this.

Price: The Karkloof Thai Yoga Massage is R1 450.

Visit Karkloofsafarispa.com



HASMITA'S SPA OF CHOICE: SOULSTICE DAY SPA

LOCATION: MOGALE CITY, JOHANNESBURG

The experience: Having visited the spa once before, I was beyond excited to visit Soulstice Day Spa again. A 45-minute drive out of Joburg, it's all part of getting away from the hustle and bustle, and into the countryside.

After slipping into a comfy gown and slippers, I was ushered into the relaxation zone, where I could have a cup of tea and settle in. A therapist came to chat to me about what was in store for me that afternoon.

I started with a 30-minute session in the rasul chamber (having tried this once before, I know how relaxing and detoxifying this treatment is, and I recommend anyone who visits a spa to experience this first, prior to your massage). This was followed by a 45-minute back, neck and shoulder massage, and a Sole Revival treatment, which was just heavenly!

While the experience was amazing, what really stood out for me was the after-care treatment. The therapist discussed what she had picked up during the treatment and suggested a detox programme that would help me to feel a lot better. And I found it highly beneficial.

All in all, I had an amazing afternoon of indulgent pampering, and I hope to visit the spa again in the near future.

Overnight option? Yes, you can book an overnight stay at the Silverstar Casino and Hotel.

Pre-spa snack and refreshment? Spa meals are available from the servicing restaurant at Silverstar Casino and Hotel.

Good for a personalised spa experience.

Remember to arrive early, to enjoy the best of the spa experience.

I love that the spa has a Blow-Dry bar, for a top-to-toe pamper session.

Price: The rasul chamber is R330 for 30 minutes, the BNS massage R450 for 45 minutes, and the Sole Revival treatment R330 for 30 minutes.

Visit Soulsticedayspajhb.co.za

ESTHER'S SPA OF CHOICE: THE RENAISSANCE SPA

LOCATION: MICHELANGELO TOWERS, SANDTON

The experience: On arrival, I was escorted to the lovely pool area overlooking the city skyline, and treated to a tropical escape in the form of a Thalgo Polynesian Spa Journey.

Imagine being transported to the vanilla-scented Taha'a Island with a full-body exfoliation using Bora Bora sand, marine sea salt and coconut shells. The dead skin was washed off in a therapeutic rain shower, and a traditional Mahana massage followed. Coconut, vanilla and tiare-scented oils were used to rub, sweep and knead the tension of deadlines and the city buzz right out of my body.

The waterbed helped me to escape to this sacred place where relaxation and sensory delight were king. 90 minutes later, I woke up to a glass of flavoured water and a body ready to take on the world.

I spent the afternoon in Sandton, but the scent of my tropical getaway lingered hours later.

Overnight option? The Michelangelo Hotel is located in the same wing as the spa.

Pre-spa snack and refreshment? The spa serves a variety of refreshments, and can also order snacks and other refreshments on your behalf from a nearby restaurant.

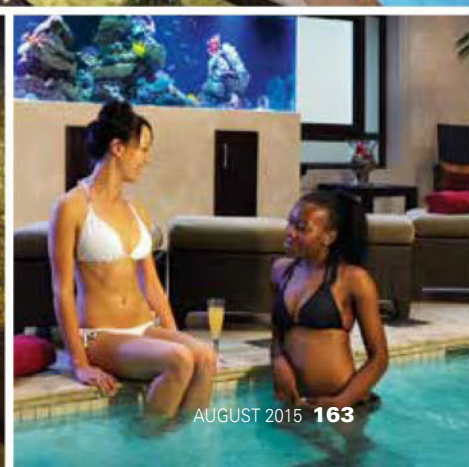
Good for a break from the city, in the city.

Remember to clear the rest of your diary so you can indulge in some retail therapy after your treatment, in Sandton City.

I loved the rooftop view of the Sandton CBD in all its glory.

Price: The Thalgo Polynesian Spa Journey costs R970, the Top-to-Toe treatment R840, and there are regular specials available.

Visit Renaissancespa.co.za





SHEREEN'S SPA OF CHOICE: AFRICOLOGY PARKHURST

LOCATION: PARKHURST, JOHANNESBURG

The experience: There's no denying that the pace of everyday life can take its toll on the body, and every so often you need to pamper yourself a bit to remain happy, healthy and ready to tackle day-to-day challenges.

When the opportunity arose to review Africology Parkhurst and its latest signature treatment, In Love and Gratitude, I couldn't have been more excited. Africology is well known for its luxurious, natural and eco-friendly product ranges, fragranced with only pure essential oils and manufactured to the highest standards. The brand's holistic spa treatments are influenced by traditional African wisdom and reiki techniques. As a reiki student myself, this aspect of the spa's offering held personal intrigue.

On arrival at the spa, you are instantly transported to a mysterious and magical place; its sophisticated monochrome interior houses a treasure trove of lotions and potions, scents and crystals guaranteed to delight the senses. The In Love and Gratitude experience itself included a full-body rose quartz massage and renewing facial, best described as 90 minutes of sheer indulgence. My therapist worked her magic, applying deep-tissue pressure to release every knot of tension in my body. This was followed by a heavenly deep-cleansing facial that left my skin feeling refreshed and clear. A fitting conclusion to the afternoon was a delicious tea and biscuit selection served in the tranquil courtyard. I will most certainly be back for more!

Overnight option? Not at the spa, but there's plenty of accommodation in and around the area.

Pre-spa snack and refreshment? The spa provides both pre and post-treatment refreshments. It's situated in the centre of Parkhurst's bustling 4th Ave, offering a variety of dining options.

Good for urbanites looking to indulge in a little mid-week TLC.

Remember to put your cellphone on silent. You don't want anything interrupting your treatments!

I loved the attention to detail. The beautiful aroma of scented candles as you enter the spa and delicious tea were a real treat.

Price: In Love and Gratitude costs R1 200 for 90 minutes.

Visit Africologyspa.com

JOSIE'S SPA OF CHOICE: TWELVE APOSTLES HOTEL AND SPA

LOCATION: CAPE TOWN

The experience: From the moment you walk across the glass walkway and enter the dark and warm cave-like interior of Twelve Apostles Spa, your journey to blissful relaxation has begun.

With a modern "upstairs" area consisting of the beautiful treatment rooms, complete with a snack bar brimming with exotic fruit and healthy nibbles, and a door that leads out to the outdoor pool overlooking the Atlantic ocean, you can't believe it gets much better than this... until you go down into "the cave" and have your pick of heated blue-lit rock pools, perfect for floating away your troubles.

There's also a rasul chamber here, and a relaxation area for after your massage. My treatment of choice was the 60-minute massage B Harmonised, designed to remove stress from the back, feet and scalp, and once again align your mind and body. It begins with a foot-cleansing ritual, and involves some meditative breathing and incredible smells from the B Africa range of products; from there it works to massage away your tension, and leaves you feeling detoxified and very, very relaxed.

Overnight option? The hotel is the height of luxury.

Buffet-style breakfast the next morning is served on the balcony overlooking the Atlantic Ocean.

Pre-spa snack and refreshment? The Twelve Apostles restaurant offers a host of dining options for before or after your treatment. The spa also spoils you with complimentary platters of fresh fruit and healthy nibbles, as well as jugs of cucumber and mint water.

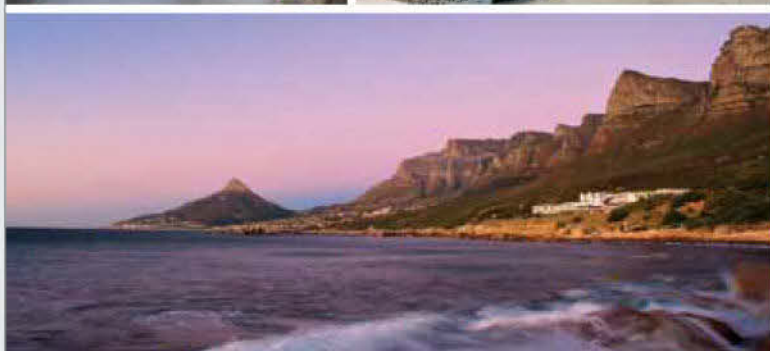
Good for a day of pampering and dreamy escapism, with the best view in Cape Town.

Remember to pack your costume. They have you covered for everything else.

I loved the cave interior and the floatation pool. A few minutes in there are equivalent to a good few hours' zzz!

Price: R790 for the B Harmonised treatment.

Visit 12apostleshotel.com





JANINE'S SPA OF CHOICE:
FOUR SEASONS HOTEL – THE WESTCLIFF SPA
LOCATION: JOHANNESBURG

The experience: Located in Johannesburg's green belt, the hotel has had a revamp, not losing any of its original grandeur, but with a contemporary luxury look. The spa is no exception, and I felt spoilt from the moment I stepped in.

My therapist, Pertunia, first did a skin assessment for my facial and then led me to the therapy room for an Afrique In Harmony Balancing Massage. The full-body treatment includes using a hand-carved wooden TriTouch to drain the lymphatic fluids, and organic coconut oil to enrich the skin with antioxidants and vitamin E.

With my body restored, it was time to focus on my face, revitalising it with French Biologique Recherche products and Pertunia's expert touch.

Afterwards, my skin glowed and my mind was relaxed, with a daybed beside the pool the next stop, before reluctantly heading home.

Overnight option? The hotel has 117 guest rooms, all luxuriously decorated with five-star amenities.

Pre-spa snack and refreshment? Water, tea and coffee are on offer, with the Après-Spa offering snacks and drinks before or after your treatment on a sunny upstairs terrace.

Good for the ultimate pamper indulgence.

Remember to make time for either a pre-treatment or post-spa drink at the View. The hotel restaurant's outdoor terrace has, as its name suggests, an amazing hilltop view of Joburg's leafy Parks area, and glimpses of animals in the Zoo.

I loved the spa's little details, from the pre-treatment foot soak to the post-sauna ice fountain. I also loved the pineapple and mint-infused water – healthy and delicious.

Price: The Afrique In Harmony Balancing Massage is R820. Facials start from R650. There are a wide range of treatments and packages on offer.

Visit Fourseasons.com/johannesburg 🏠



JESS'S SPA OF CHOICE: THE SPA – THE OYSTER BOX
LOCATION: UMLANGA, DURBAN

The experience: Even though I live in sunny Durban, the excitement of visiting the famous Oyster Box always adds a spring to my step.

The entrance to the spa is down a path surrounded by masses of deep-green plants. As I step inside, the reception is awash with cool Carrara marble, a timeless finish I've always loved. Donned in cotton gown, I'm shown to a room where I experience the 60-minute B Harmonise treatment. BI Africa is a unique range created in honour of Bea Tollman, founder of the Red Carnation Hotel Collection.

My knowledgeable and friendly therapist makes the whole experience special, from choosing a stone inscribed with uplifting moods to the careful consideration of applied pressure, ensuring my massage was a personalised and pleasant one. The addition of a scalp massage towards the end was a wonderful touch – pure bliss.

Overnight option? The spa is part of the Oyster Box Hotel.

Pre-spa snack and refreshment? The Health Bar within the spa is complimentary to all spa guests.

Good for a holiday where you want the beach, but a luxury spa too!

Remember to pack your swimmers if you fancy a dip in the decorative plunge pool.

I loved the cool and calming decor of whites and soft greys.

Price: The B Harmonise treatment costs R760; half-day package R2 075; full-day package R3 060.

Visit Oysterboxhotel.com



With thanks to Africology Parkhurst, Four Seasons Hotel – The Westcliff Spa, Karkloof Safari Spa, Kievits Kroon Country Estate and Spa, Soulstice Day Spa, The Renaissance Spa, The Spa – The Oyster Box, and Twelve Apostles Hotel and Spa

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WORK IT OUT (AT HOME)

FINDING TIME TO TAKE CARE OF YOURSELF, AMID A BUSY SCHEDULE, MIGHT SEEM IMPOSSIBLE. WHAT IF YOU COULD GET IN THAT WORKOUT WITHOUT LEAVING YOUR HOME? ASKS **MARIANNE MCDONALD**





Whether you choose a small room to dedicate to a home gym, or consciously include the space in your plans for a renovation or build, there are some essentials you'll need to make the space practical and luxurious.

EQUIPMENT

The type of equipment you choose will, of course, depend on the type of exercise you enjoy doing. For cardio, you may want to opt for a treadmill or stationary bike, but it is worth considering that this kind of exercise can easily be taken outdoors, so functional and weight-training equipment may be a better investment. Multi-gyms are an excellent option if you're looking at getting just one machine.

FLOORS AND WALLS

Considerations for finishes for your home gym will be very different from those for the rest of the house. While they should still look great, they need to be extremely hardwearing. Flooring that offers some cushioning and is non-slip is essential for both comfort and safety. You'll also want to consider an antibacterial material that can be cleaned easily.

For walls, choose any paint that can be wiped down, and you'll want to look for a mid-sheen finish.



After a good workout, there's nothing like easing sore muscles in a spa bath, sauna or steam shower, and your home gym is the perfect place for these



ACCESSORIES

Bradley Grant-Smith, director of the Fitness Factory Personal Training Centre in Cape Town, offers advice on some useful training items to keep at hand in your home gym:

- A medicine ball can be used as an external resistance tool, especially for core-related exercises.
- A towel can be used for all pull-related exercises, whether it's with a partner or using a secure home fitting. It's also a great stretch buddy.
- A chair can be used to step up on, push off, push overhead, or move from side to side. It's also a great tool to assist in stretching.
- Resistance bands are versatile items for increasing the load of squats, press-ups, arm rows and even chest fly-outs. They're also great for stretching and often keep better tension than a towel.
- A set of free weights will help to isolate specific muscle groups for the purpose of performance, recovery and aesthetics.



PAMPERING

After a good workout, there's nothing like easing sore muscles in a spa bath, sauna or steam shower, and your home gym is the perfect place for these. Custom-built steam showers are a real investment in your health and, coupled with a spa bath, you'll have the ultimate "me time" spa experience in your own home. 🏠

With thanks to Belgotex Flooring, Dulux, Duravit, Fitness Factory Training Centre, Sauna & Decks for Africa and Technogym



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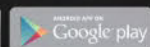
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ONE SMALL STEP FOR MANKIND

KERRY HAYES LOOKS AT THE VIABILITY OF "GREENING" YOUR HOME, AND HOW TO GO ABOUT IT

The "green" movement has been gaining momentum over the past few years as we become more sensitive to water and electricity usage, and our growing carbon emissions. Most of us would have come across numerous tips on how to become "greener" at home, but with the perceived huge effort and costs attached, we are starting to question whether it is worth "greening" a property, and what the cost implications are.

Managing director of Knight Frank Residential South Africa, Lanice Steward, believes "retrofitting energy-saving equipment such as solar panels, batteries, LED lighting, water-saving taps and showers, and water recycling equipment is no more expensive than starting from scratch on a new build".

This is good news for those looking at introducing eco-friendly measures into their homes, or introducing equipment while renovating.

ECO AUDIT

Greening your home is not as difficult and complicated as it may seem. The first thing to do is an eco-audit. This involves assessing your current energy and water usage, and how you manage waste and chemical usage. The information you track from this will probably surprise you in terms of recognising areas that you never thought of as wastage areas, and where you can convert to greener solutions.

PLAN OF ACTION

While taking your existing home completely off the electricity grid could cost in the region of R150 000 (for a three-bedroom property), there are less expensive tools that you can implement to start you off. Here are some suggestions from Danielle Klaff, an eco-auditor and the founder of Green Your Home:

- Install a black evacuator tubing system on the roof of your house. This warms water using the energy of the sun.
- An alternative is to use heat pumps – but keep in mind that these do not work during load-shedding (as opposed to a solar geyser, which doesn't need electricity to operate).
- Stoves and kettles use a lot of electricity, so getting a gas stove and boiling only the amount of water needed in your kettle will save a lot of energy.
- Photovoltaic panels can charge batteries, which in turn power lights and smaller appliances in the home.

These systems can cost between R7 000 and R50 000, depending on the number and size of batteries needed.

- 7% of an average power bill goes to keeping appliances in the home on standby, so invest in a smart strip – this is an affordable device that shuts off supply of electricity to the appliance when it is not in use for over an hour, then immediately re-establishes supply when the appliance is switched on.
- If you have a fireplace in your home, keep the flue exposed inside the room (and don't install it outdoors) – the heat generated from the fireplace and its flue will heat a large area in your home.
- And don't forget simple fitting changes, such as an aerated showerhead or taps, which can cut your water usage dramatically.

Few green-conversion tactics will go unrewarded, as the money spent will only increase the market value of your home in the growing drive to eco-friendliness. 🏡

QUICK GUIDE TO "GREENING" YOUR HOME:

- Use natural air ventilation instead of an air conditioner, if possible; however, if your home needs an aircon, opt for the modern inverter technology as opposed to the older systems.
- Use LED lighting instead of fluorescent lighting; it offers lower energy consumption and a longer lifespan.
- Recycle grey water to keep your garden lush, while saving water.
- Switch to dual-flush toilets, which offer a half-flush and full-flush option.
- If your home is in need of a new coat of paint, there are eco-friendly paints available – these are low-VOC, water-based and lead-free.
- Install a domestic wind turbine, which is a great way to harness natural wind energy and convert it into electricity for home use.
- Turn your edible and garden waste into a compost supply. There are a variety of compost bins available for collecting the waste and converting it into nourishing food for your garden.

With thanks to Green Your Home and Knight Frank Residential South Africa

DStv



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Red Hot Design follows cutting-edge designer, Shasta Smith and her team of talented "grease monkeys" who salvage, build and repurpose vintage scrap metal into phenomenal architectural elements matched with great colour and fabrics. "The Vintage Monkey" wields beauty, talent and razor-sharp wit to keep everything on track as the team juggles projects and deadlines.

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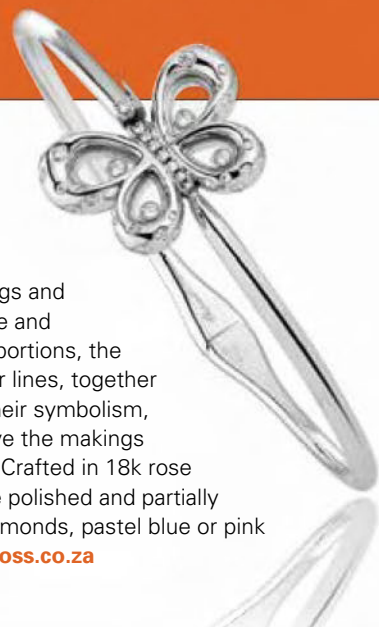
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HAPPY DAYS

The Happy Diamonds Butterflies collection comprises pendants, bracelets, rings, earrings and necklaces. The balance and perfection of their proportions, the ethereal nature of their lines, together with the strength of their symbolism, mean they already have the makings of great new classics. Crafted in 18k rose or white gold, they are polished and partially or entirely set with diamonds, pastel blue or pink sapphires. Picotandmoss.co.za



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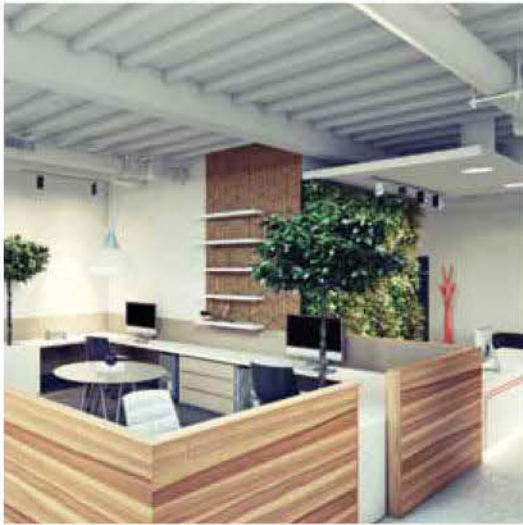
DAVE NEMETH LOOKS INTO THE FUTURE OF OFFICE AND CORPORATE DESIGN

The only certainty in business today is the death of business as we currently know it. We have seen a huge shift in the types of businesses out there, the tasks and structures of companies, and obviously the way in which people are currently working. Technology is changing everything we see around us, and as this develops in leaps and bounds, so do our working environments. We shouldn't forget people's attitudes to work and how these are shaping different habits, and in turn the interior spaces in which they work.



It is not only the environments or spaces that are evolving and changing, but the furniture and furnishings themselves





We are entering the age of flexibility, where it is being realised that people's productivity takes place at different times



Over the years, the working environment has moved from segregated offices to cubicles, to open-plan environments, and shifted between these configurations, depending on the type of company. Regular office hours required an eight-hour day and, in many instances, still do: from 8am to 4pm or 9am to 5pm. The new way of business, however, no longer conforms to these time frames. Traditional business models have to adapt for businesses that, due to online technology and globalisation, operate 24 hours a day, seven days a week. We are entering the age of flexibility, where it is being realised that people's productivity takes place at different times, and this needs to be taken into consideration when designing the most suitable spaces for flexible work hours, as well as different working habits.

The focus on business today is all about innovation and coming up with unique concepts that will leave the competition behind. If you really want to get a quick snapshot or glimpse into how things are changing, you just have to look at the top five to 10 companies in the world today, and you will notice just how different their working environments are. It is these highly differentiated working environments that are assisting in employee engagement, innovation and overall creativity.

It is not only the environments or spaces that are evolving and changing, but the furniture and furnishings themselves. Worldwide, designers are focusing on the

intrinsic of these new products, and how they can assist in making our work more comfortable and enjoyable. Designers are also looking closely at behavioural patterns, technology and ergonomics, and reinventing every possible aspect, many of which have just been accepted as the standard over the past few decades.

As we boldly step along this exciting futuristic path, these monthly articles will investigate elements such as:

- Chairs that move with your body, instead of having to be adjusted
- Desks and workspaces that allow you to stand up and work
- Fun areas and playrooms within the work environment
- Pods, and the importance of having semi-closed and fully closed environments within the office
- Adaptive lighting, and creating harmony and ambience
- Adaptive and changeable screens
- Living walls and the importance of real plants within a workspace
- Informal boardrooms
- Outdoor meeting areas
- Hot-desking and collaborative spaces

This is going to be a design and trend journey like no other, and I look forward to bringing you this insightful article monthly. 🏡

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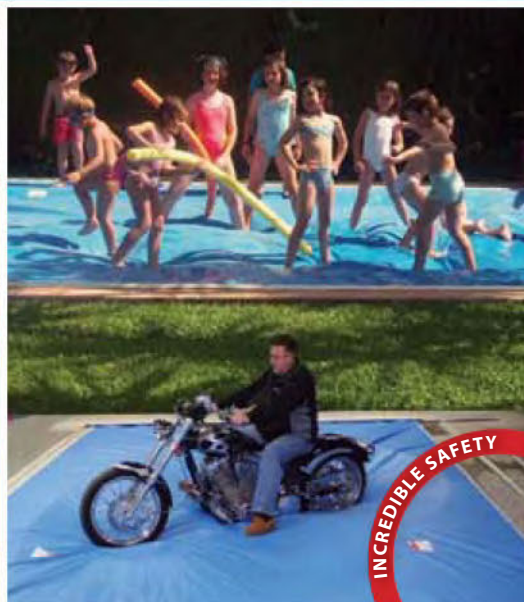
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out&about

Exploring the real gems around the country – **BY JANINE JORGENSEN**

SAVE THE DATE: 27 – 30 AUGUST

Held at the CTICC, the Cape Homemakers Expo showcases a range of exhibits and events to cater for home owners' needs. Watch coffee experts compete in the Barista Showdown, participate in DIY workshops, and sample fine Cape fare and wine at d'Vine life, in between browsing the stands, ranging from home improvement products to the latest decor and design ideas. Homemakersonline.co.za



SAVE THE DATE: 6 – 10 AUGUST

Running alongside Decorex, also at Gallagher Convention Centre, 100% Design South Africa focuses on highlighting contemporary design, from residential to office interiors, from an African perspective. Exhibitors include local creatives such as David Krynauw and Mia Widlake. There will also be an interactive bar provided by Bos.

100percentdesign.co.za



HIGH FIVE

Five leading decor brands have collaborated to open 5Five in The Palms Centre in Woodstock, Cape Town. The one-stop shop features decor and furniture design from Julian Décor, carpets from Sisal and Jute Carpets, wood flooring by Bosco Flooring, wall decoration by Sasi Wallpaper and lighting from Lamps On Line. Look out for Smink dinnerware in stock – one of our favourite local design collectives.

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SAVE THE DATE:

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It's Johannesburg's turn to host Decorex this month, at Gallagher Convention Centre. Africa's largest decor, design and lifestyle expo features more than 700 brands, products and designers under one roof, with a new look as well as new DIY and bedroom sections. Come and say hello to us at the SA Home Owner stand.

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